COOL AS ICE: Take advantage of frosty temps by learning how to curl | **Inside**

express

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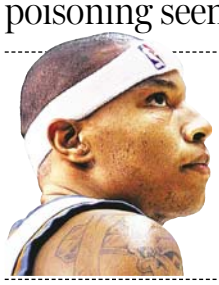
Tuesday

STEVE HELBER/AP

A mother of a Va. Tech victim speaks on Monday.

Va. Protest: Tech families call for change in gun laws | 9

Aftertaste: Effects of food poisoning seen years later | 4



Mavs Not: Wizards clamp down on Dallas in victory | 21

ENTERTAINMENT

Nice Spice: *Natasha Bedingfield's* new album showcases a good girl with sass. Plus, the imminent return of 'Torchwood.'

>> 11-14

ANDRE PENNER/AP

Markets Plummet Worldwide

FRANTIC: Traders work on the floor of the Brazilian Mercantile and Futures Exchange in Sao Paulo on Monday. Amid fears about the U.S. economy falling into recession, stock markets around the world plunged, including in Brazil. Stocks lost value in 42 of 43 countries with widely followed markets; the exception was Sri Lanka. ❖ **'Black Monday':** Traders overcome with fear | **Page 7**

Obama: Criticism Off Base

Senator accuses Bill Clinton of spreading lies on the trail

WASHINGTON | Barack Obama challenged Bill Clinton's truthfulness Monday in a deepening feud with the husband of Obama's Democratic presidential rival.

Obama's rebuke of the former president, who is still extremely popular with Democrats, came on the holiday honoring Martin Luther King Jr., when both Bill and Hillary Rodham Clinton focused on the civil rights leader.

"This has become a habit. And one of the things that I think we're going to have to do is directly confront Bill Clinton."

— BARACK OBAMA

In an interview on ABC, Obama twice questioned Bill Clinton's veracity. "I have to say just broadly, you know, the former president, who I think all of us have a lot of regard for, has taken his advocacy on behalf of his wife to a level that I think is pretty troubling. You know, he continues to make statements that aren't supported by the facts."

The former president recently has accused Obama of exaggerating his anti-war record and handing out undeserved praise to Republicans. Clinton said he personally witnessed Obama's union forces intimidating Nevada caucus voters and said an Obama radio ad suggested how Democrats could keep votes from his wife. LARRY MARGASAK (AP)

pollcenter IS BILL CLINTON AN ASSET OR A LIABILITY FOR HIS WIFE'S PRESIDENTIAL CAMPAIGN? Ⓐ ASSET Ⓑ LIABILITY

WWW.READEXPRESS.COM | VISIT OUR WEB SITE TO CAST YOUR VOTE. FOR FRIDAY'S POLL RESULTS, SEE PAGE 32

TUESDAY	WEDNESDAY	THURSDAY
40 | 28	39 | 23	36 | 17

TODAY: Mostly cloudy with periods of wet snow; little accumulation | 30

eyeOpeners

CONTROVERSY

Everything Oprah Does Is NOT OK

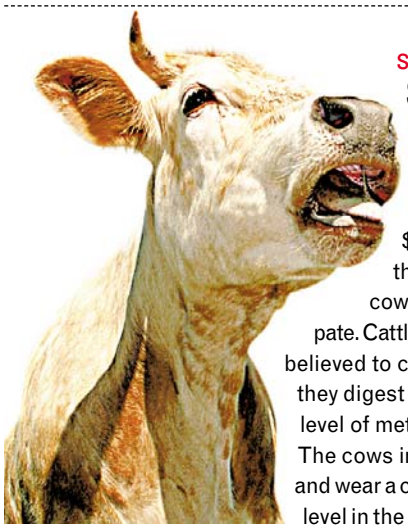
A mailer from a Texas congressional candidate's campaign contains a photo of his head attached to an image of a different body that makes him look thinner. The photo is presented as a true image of Dean Hrbacek. In reality, it is a computerized composite of Hrbacek's face and someone else's slimmer figure, in suit and tie, from neck to knee. He is seeking the nomination to run against Democratic U.S. Rep. Nick Lampson. Campaign manager Scott Broschart acknowledged to the Houston Chronicle that the image is a fake. Hrbacek has been so busy that he had no time to pose for a full-length photo for the mailing, Broschart said. "He may appreciate that we took a few pounds off him," Broschart said. "I think the voters ... are more concerned with the issues as opposed to pretty photo shoots." (AP)

FRANCOIS GUILLOT/AFP/GETTY IMAGES

FASHION

You're So Vain

This On Aura Tout Vu's silver gown graced the runway in Paris Monday at the spring-summer 2008 haute couture collection show. Buyers from Macy's were seen speaking in hushed tones with the designer's reps, while Forever 21 scouts lurked, passing sawbucks to lowly assistants for the inside scoop. Bottom line: Vanity and makeup mirrors are going to be EVERYWHERE this summer. Buy Windex! (EXPRESS)



SILLY

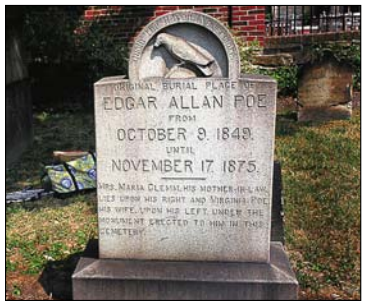
Swedish Scientists Steal Idea From Dave Barry Column

A Swedish university has received $590,000 in research funds to measure the greenhouse gases released when cows belch. About 20 cows will participate. Cattle release methane, a greenhouse gas believed to contribute to global warming, when they digest their food. Researchers believe the level of methane depends on the type of food. The cows in the study will have different diets and wear a collar device measuring the methane level in the air around them. (AP)

HIGH SCHOOL

When Goths Grow Up

Undeterred by controversy, a mysterious visitor paid his annual tribute at the Baltimore grave of Edgar Allan Poe early Saturday, placing three red roses and a half-filled bottle of cognac before stealing away into the darkness. Nearly 150 people had gathered outside the cemetery of Westminster Presbyterian Church, but the man known as the "Poe toaster" was, as usual, able to avoid being spotted by the crowd, said Jeff Jerome, curator of the Poe House and Museum. "We recognize him from his build, the way he walks," he said. "It would be very easy for us, visually, to see if this were a different person." (AP)



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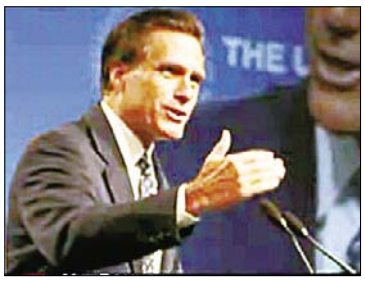
"I think it's a symbolism of our lapping Florida. We're lapping around Florida — and we want to lap our opponents if we can."

—**Rudy Giuliani**, after his campaign bus took a spin around the Daytona Speedway Monday

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM



FLORIDA

'Un Plan' vs. 'Mi Padre'

In a sign of just how important the Hispanic vote has become in the Republican presidential contest, Rudy Giuliani and Mitt Romney have unveiled television ads in Spanish that are airing in Florida. Giuliani's ad, called "Un Plan," touts tax cuts that Giuliani proposed. Romney's ad, titled "Mi Padre" (above), is narrated by his son Craig and touts his experience as Massachusetts governor. MICHAEL D. SHEAR

DONATIONS

It's Good to Be Second

Riding high off Rep. Ron Paul's best finish thus far in the Republican campaign — a second-place result in Nevada — Paul backers launched the latest in a series of "money-bombs" designed to swell the Texas congressman's campaign account. Timed to coincide with Martin Luther King Jr. Day, this appeal had raised approximately $1.25 million as of 6 p.m. JOSE ANTONIO VARGAS

washingtonpost.com

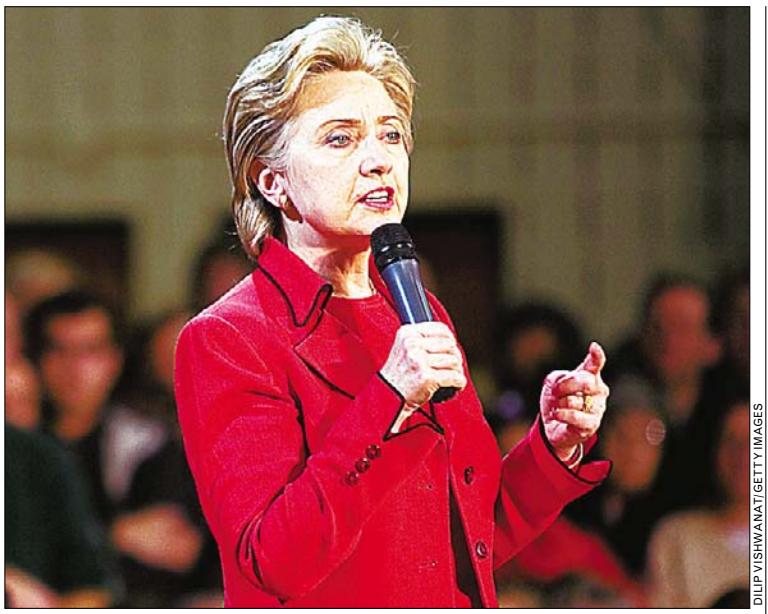
For extended analysis and up-to-the minute reports from the campaign trail, visit **blog.washingtonpost.com/the-trail**

Mega-Primary Strains Resources

Tight election calendar may force candidates to run ads nationwide

POLITICS | With their campaign treasuries running on empty and only weeks to attract support in the nearly two dozen states that will cast ballots on Feb. 5, candidates for president are scrambling to find creative and unorthodox ways to grab the attention of voters with the funds they have remaining.

At least two of the 2008 presidential contenders, seeking the most bang for their buck, have privately discussed bypassing a barrage of targeted local ads in favor of buying a more impactful spot to run during the Feb. 3 Super Bowl broadcast, a move that would come with a price tag of almost $3 million. Democratic Sen. Barack Obama on Monday became the first to make a nationwide cable television advertising buy.



DILIP VISHWANAT/GETTY IMAGES

The Feb. 5 mega-primary has even the most well-funded campaigns, such as that of Sen. Hillary Clinton, thinking very carefully about where to spend advertising funds.

None of the campaigns has decided yet to take the Super Bowl gamble, but it is one of scores of agonizing spending decisions campaign strategists are making as they approach the single biggest day of primary voting in history.

The Republican field faces one additional pressure, the presence of former Massachusetts governor Mitt Romney, who is increasingly relying on his own fortune to fund his campaign and could invest as much as $50 million in it.

Evan Tracey, chief operating officer of the Campaign Media Analysis Group, said it is unlikely any candidate will buy time on national networks. The only possible exception, Tracey said, is the Super Bowl, which falls just two days before the mega-primary.

"It's a Hail Mary maneuver, but this is a very unusual year, and coming two days before Super Tuesday, the timing has never been more ideal." Tracey said. MATTHEW MOSK (THE WASHINGTON POST)

Full coverage: For an extended version of this story, see today's Post or visit washingtonpost.com.

Thousands Honor King in Atlanta

Civil rights leader remembered at church he preached at in '60s

ATLANTA | More than 2,000 people crowded Ebenezer Baptist Church on Monday to honor the Rev. Martin Luther King Jr.'s commitment to peace and equality and note the importance of his legacy in this election year.

JOHN BAZEMORE/AP

Martin Luther King Jr.'s daughter Bernice King, right, hugs Kia Ivana Sims.

"He understood that life is not about self. Life is about service — and service to others," said Georgia Lt. Gov. Casey Cagle.

Former President Bill Clinton and Republican presidential candidate Mike Huckabee were among those attending the service.

King's birthday is Jan. 15, but the federal holiday bearing his name is observed on the third Monday in January. King's birthday has been observed at Ebenezer Baptist — where King preached from 1960 until 1968 — every year since his assassination on April 4, 1968.

"Martin aimed high, acted with faith, dreamed miracles that inspired a nation. Can we act on King's legacy without dreaming? I think not," Franklin said. "King's legacy gives light to our hopes, permission to our aspirations and relevance to our dreams." ERRIN HAINES (AP)

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.001 **The discounted price, in cents, allegedly charged** for a gallon of gasoline by a station clerk in West Virginia when selling fuel to friends and family members.

ELAINE THOMPSON/AP

Alyssa Chrobuck, 20, has a host of unusual health problems she blames on a case of food poisoning she suffered as a child.

Poisoning's Lasting Effects

Food-borne illnesses in children may cause problems later in life

WASHINGTON | It's a dirty little secret of food poisoning: E. coli and certain other foodborne illnesses can sometimes trigger serious health problems months or years after patients survived that initial bout. Scientists only now are unraveling the problem.

What they've spotted so far is troubling. In interviews, they described high blood pressure, kidney damage, even full kidney failure striking 10 to 20 years later in people who survived a severe E. coli infection as children, arthritis after a bout of salmonella or shigella, and a mysterious paralysis that can attack people who just had mild symptoms of campylobacter.

"Folks often assume once you're over the acute illness, that's it, you're back to normal and that's the end of it," said Dr. Robert Tauxe of the Centers for Disease Control and Prevention. The long-term consequences are "an important but relatively poorly documented, poorly studied area of food-borne illness."

These late effects are believed to make up a very small fraction of the nation's 76 million annual food poisonings, although no one knows just how many people are at risk.

Alyssa Chrobuck of Seattle was hospitalized at age 5 as part of the Jack in the Box hamburger E. coli outbreak 15 years ago

She's now a successful college student but ticks off a list of health problems unusual for a 20-year-old: high blood pressure, recurring hospitalizations for colon inflammation, a hiatal hernia, thyroid removal, endometriosis.

"Would I have this many medical problems if I hadn't had the E. coli? Definitely not. But there's no way to tie it definitely back," Chrobuck said. LAURAN NEERGAARD (AP)

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HEIGHT OF CONTEMPT: A new Thai soap opera about love and infidelity in the skies has angered Thai Airways flight attendants, who demanded Monday that the show be canceled for casting their profession in an unrealistic and immoral light.

World

In Brief

HANNAH JOHNSTON/GETTY IMAGES

New Zealand Defense Force members carry the casket of Edmond Hillary.

AUCKLAND, NEW ZEALAND

Thousands Bid Farewell To Adventurer Hillary

Sherpas laid prayer scarves on the coffin of Edmund Hillary Tuesday as thousands across New Zealand bid farewell to the Mount Everest conqueror. Five hundred New Zealand and international dignitaries joined the Hillary family at a state funeral in St. Mary's Anglican Church in Auckland, while thousands gathered at big screen venues in cities nationwide to pay respects to Hillary. The enormously popular adventurer died of a heart attack on Jan. 11, at age 88. (AP)

PARIS

Diplomat: 6 Nations to Sign New U.N. Resolution on Iran

The U.N. Security Council's five permanent members and Germany are expected to agree Tuesday on a new resolution to pressure Iran over its nuclear program, a French diplomat said. The senior diplomat, who briefed reporters Monday on condition that he not be identified by name, said an agreement was very close and should be finalized by the six nation's foreign ministers at a meeting in Berlin. (AP)

BAGHDAD

Suicide Bomber Kills 18 Inside Iraqi Funeral Tent

A suicide bomber apparently targeting a senior security official blew himself up inside a funeral tent Monday, killing 18 people. There was no claim of responsibility for Monday's bombing in Hajaj, north of Baghdad. Police said it bore the hallmarks of al-Qaeda. (AP)

Israel Eases Restrictions in Gaza

Food, fuel to be let in for 1 day, following warning from U.N.

GAZA CITY, GAZA STRIP | Israel said Monday that it will ease a blockade of Gaza imposed in retaliation for militant rocket attacks, allowing some food and fuel in for one day. The announcement followed a U.N. warning that international food aid to the impoverished territory may have to be suspended by the weekend.

The closure imposed after a spike in rocket attacks last week cut off fuel supplies. On Sunday, Gaza's Hamas rulers shut the strip's power plant, leaving one-third of the 1.5 million people without electricity. Gas stations and many bakeries closed, and health officials warned of an impending crisis in hospitals running low on generator fuel.

The cutoff of fuel prompted condemnation from aid and human rights groups. Egyptian President Hosni Mubarak called Israeli Defense Minister Ehud Barak on Monday and urged him to ease restrictions.

Before agreeing to the one-time shipment on Tuesday of diesel fuel and medicine, Israeli Prime Minister Ehud Olmert strongly defended the blockade.

He told legislators from his Kadima Party he will not allow a humanitarian crisis to develop. But he said Gaza's residents won't be able to live a "pleasant and comfortable life" as long as southern Israel is under rocket attack.

"As far as I'm concerned, Gaza residents will walk, without gas for their cars, because they have a murderous, terrorist regime that doesn't let people in southern Israel live in peace," Olmert said.

IBRAHIM BARZAK (AP)

ADEL HANA/AP

Palestinians wait to buy bread from a bakery in Gaza City Monday. A blockade imposed by Israel has forced many bakeries to close and has left one-third of the Gaza residents without electricity. Israel said it would temporarily ease the blockade.

Musharraf Promises Fair Elections

At start of European trip, Pakistani leader urges Western patience

BRUSSELS, BELGIUM | President Pervez Musharraf promised Monday that Pakistan will hold fair elections next month and urged the West to be more patient with his nation's efforts to achieve higher standards of human rights.

He also sought to ease worries about Pakistan's nuclear arsenal as Islamic extremists step up their fight with his government, insisting that tight security would prevent the weapons from falling into the hands of terrorists.

Musharraf spoke to the European Parliament as he began an eight-day European trip by meeting with senior EU and NATO officials.

GEERT VANDENWIJNGAERT/AP

Belgium's Prime Minister, Guy Verhofstadt, right, greets Pervez Musharraf.

Musharraf said Pakistan is a largely tribal society struggling to be a democracy and taking on the role of a front-line player in the global fight against terrorism.

Speaking of what he called an "obsession" with democracy in the West, Musharraf said: "You have taken centuries to reach where you have come. Allow us time for going for the value that you have reached for yourself."

European Union foreign policy chief Javier Solana said after meeting with Musharraf that Feb. 18 parliamentary elections must be "free, fair and secure" and that their conduct would determine the bloc's relations and engagement with Pakistan. NATO Secretary General Jaap de Hoop Scheffer told Musharraf that a stable Pakistan was crucial for both the alliance and Afghanistan.

Musharraf's trip is aimed at assuring Europeans that Pakistan is a reliable ally in the fight against terrorist groups. ROBERT WIELAARD (AP)

Government, Rebels Agree to Accord in Congo

GOMA, CONGO | Government negotiators and rebel groups reached a deal to end fighting in the vast country's restive east, where about 800,000 people had to flee their homes over the last year, officials said Monday.

All parties agreed to the accord and scheduled a formal signing for Tuesday, announced Vital Kamerhe, the president of Congo's national assembly.

At a meeting late Monday, a representative from each delegation voiced acceptance of the accord, with no one speaking against. Among those accepting were representatives for militia fighters known as the Mai Mai, who had walked out on earlier negotiations. (AP)

Have you filed your annual business recycling report?

The Montgomery County Division of Solid Waste Services requires all large, medium, and selected small businesses as well as commercial property owners of multi-tenant facilities to file an Annual Recycling and Waste Reduction Report to show their recycling progress. Reporting deadlines are fast approaching.

Know the filing deadline for your business:

- **Large** businesses (250 or more employees): **FEBRUARY 1st**
- **Medium** businesses (100-249 employees), selected **small** businesses (less than 100 employees), and **commercial property owners**: **MARCH 1st**

These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. **Failure to file your Annual Recycling Report can result in costly fines for your business or property.**

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to: www.montgomerycountymd.gov/recycling.

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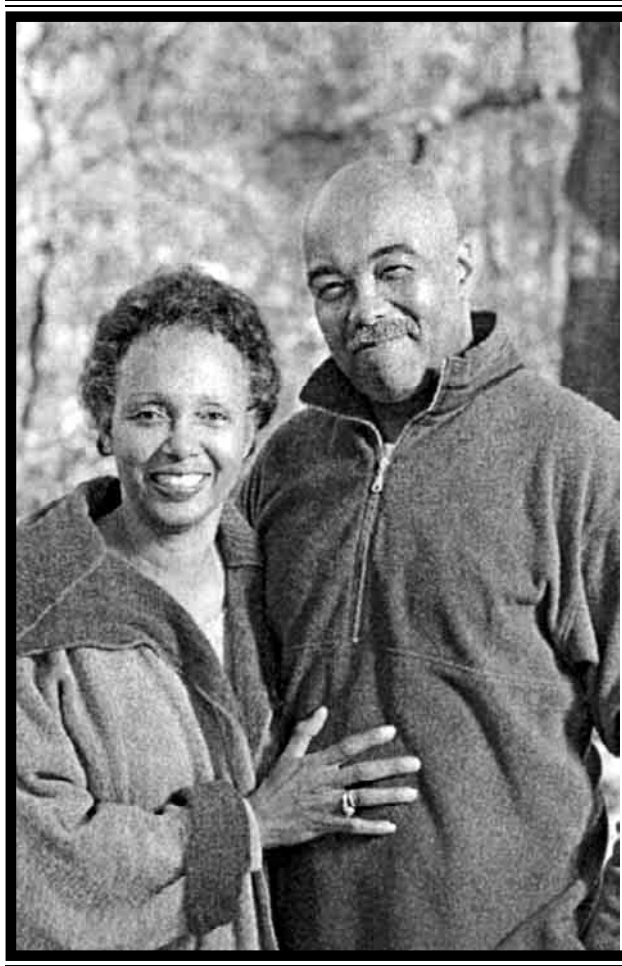

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8			4		7			6
		6				3		
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		7	2		6	9		
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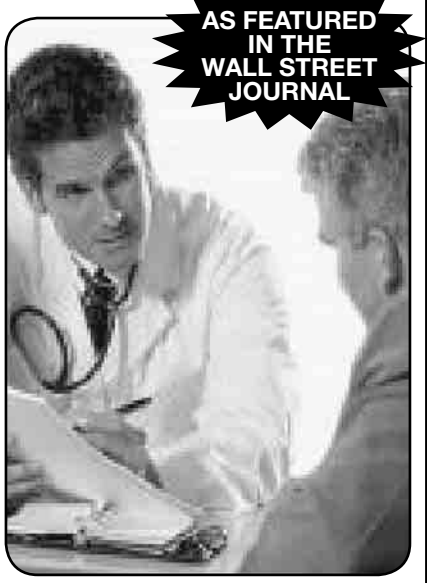

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GREEN GOAL: Israel's government on Monday endorsed a plan to install the world's first electric car network in Israel, complete with half a million recharging stations, by 2011.

World

A Global 'Black Monday'

Foreign stock markets crash as the American financial crisis spreads

Stock markets around the world plummeted Monday, as a financial crisis that began in the market for U.S. home mortgages spread to almost all corners of the global economy.

U.S. markets were closed for the Martin Luther King Jr. holiday, but all of the world's other major economies experienced a sell-off. Stock prices fell 7 percent in France and Germany, 5 percent in China and Great Britain, and 4 percent in Japan. Stocks lost value in 42 of the 43 nations with widely followed markets; the only exception was Sri Lanka.

"It was all about blood on the wall," said Georges Ugeux, chairman of Galileo Global Advisors, who was visiting the Indian stock exchange, which fell 7.4 percent (the equivalent of a 900-point drop in the Dow Jones industrial average). "For them, this is a black Monday."

GAUTAM SINGH/AP PHOTO

People watch the Bombay Stock Exchange share prices in Mumbai, India, Monday as India's benchmark index plunged to its second-biggest percentage loss ever.

Behind it all: Investors worldwide grew fearful that problems from massive losses on loans made to U.S. home buyers will cascade through the world financial system. For example, the Bank of China is now forecast to record a multibillion-dollar loss on U.S. mortgage investments.

And companies that insure bonds are incurring such massive losses on exotic securities based on mortgages that one is in receivership and others have had their credit ratings cut.

That could cause financial institutions worldwide to mark down the value of a wide range of assets guaranteed by these insurance companies. NEIL IRWIN AND ZACHARY GOLDFARB (THE WASHINGTON POST)

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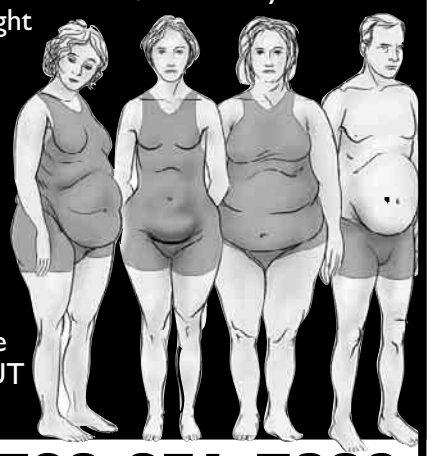

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World

No Answers Yet From Al-Qaeda

More than 900 submit questions about group to 'online interview'

CAIRO, EGYPT | Sympathizers submitted hundreds of questions to al-Qaeda deputy leader Ayman al-Zawahri's "online interview" before a recent deadline. Among them: Why hasn't al-Qaeda attacked the U.S. again, why isn't it attacking the Israelis, and when will it be more active in Egypt, Saudi Arabia and Syria?

So far, there have been no answers.

Al-Qaeda's media arm, Al-Sahab, announced in December that al-Zawahri would take questions from the public posted on Islamic militant Web sites and would respond "as soon as possible."

More than 900 entries — many with multiple questions — were posted on the main Islamist Web site until the cutoff date of Jan. 16.

After the deadline, the questions disappeared from that site and no answers have yet appeared.

One thing is clear from the questions: Self-proclaimed al-Qaeda supporters are as much in the dark about the terror network's operations and intentions as Western analysts and intelligence agencies.

> Some of those posting questions sound worried: Does al-Qaeda have a long-term strategy?

Some of those posting questions sound worried: Does al-Qaeda have a long-term strategy?

One, allegedly a former Arab al-Qaeda fighter in Iraq, complained about Iraqi fighters discriminating against non-Iraqi mujahedeen.

Others wanted advice: Should followers be focusing their jihad, or holy war, against Arab regimes or against Americans?

The vast majority of questioners, identified only by their computer user names, appear to be supporters of al-Qaeda or the jihadi cause, often expressing praise for "our beloved sheik" and "the lion of jihad, Sheik Osama." LEE KEATH (AP)

HONG KONG | MICKEY MOUSE STYLE

VINCENT YU/AP

NEW CLOTHES FOR THE NEW YEAR: Minnie and Mickey Mouse hold hands with fashion designer Vivienne Tam as they model Chinese New Year costumes, which Tam designed, at Hong Kong Disneyland on Monday.

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35 | **The average price, in dollars** for the best possible parking spaces at the new Nationals stadium, according to WTOP. Figures are based on a total season price of $2,385 for the 81-game season.

Local

Va. Panel Hears Gun Loophole Bill

Advocates, opponents of controversial law demonstrate at Capitol

Hundreds of advocates flooded the Virginia state Capitol on Monday to urge the Virginia General Assembly to enact reforms on such issues as the environment, immigration and gun control.

On a day dominated by personal lobbying, memories of the massacre at Virginia Tech pervaded the Capitol as activists from across the state converged to call on lawmakers to make changes in Virginia's gun laws and mental health system.

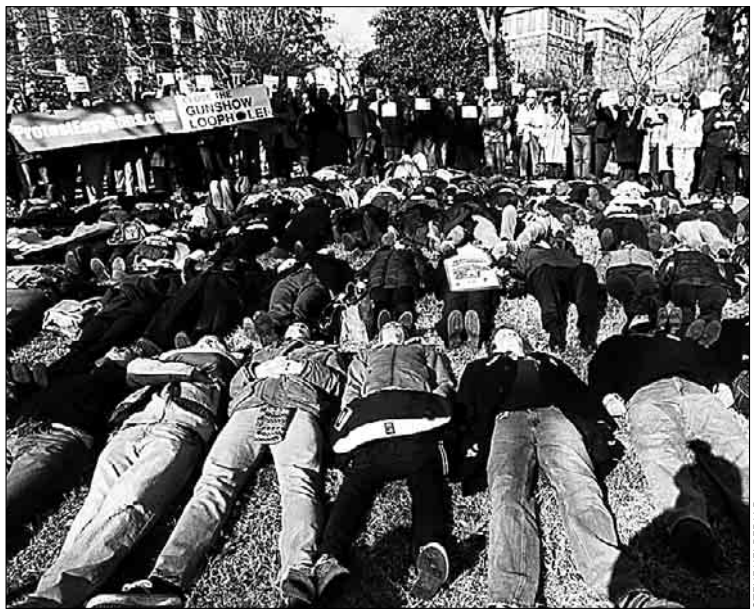
Gun control advocates, including survivors of the April 16 shooting rampage that took 33 lives at Virginia Tech, poured into a Senate committee meeting to support a bill that would require background checks for all gun show sales.

They then staged a "lie-in," lying on their backs outside the Capitol to draw attention to gun deaths in Virginia last year.

Hundreds of gun-rights activists showed up to the committee meeting, some wearing guns, and came in force to watch the protest.

The gun show law, which failed in a House committee last week and is unlikely to pass this year, would not have stopped Virginia Tech senior Seung Hui Cho from killing his fellow students and himself last year, they have argued.

SANDHYA SOMASHEKHAR (THE WASHINGTON POST)



STEVE HELBER/AP

People lie on the Capitol lawn in Richmond, Va., Monday to support legislation closing a loophole that allows criminals and the mentally ill to buy firearms at gun shows.

Va. Probes Teacher Licensing

Legislation would ensure against sex offenders in schools

RICHMOND, VA. | The General Assembly is considering tightening the state's education licensure system to ensure that teachers who sexually abuse children aren't allowed to return to the classroom, perhaps in another jurisdiction, to repeat their crimes.

Virginia's Department of Education is seeking to require that courts promptly inform local school divisions when teachers are convicted of felonies, sexual offenses, physical abuse or drug charges.

The legislation comes after the AP conducted a national examination of licensure revocations from 2000 through 2005 that involved teachers sexually abusing students, including a repeat offender in Virginia named Michael Wayne Allee. His case was particularly egregious because he was able to molest children in more than one jurisdiction because of time lags that can occur between when teachers commit abuse and when they are disciplined. (AP)

3-Alarm Blaze Claims Florida Ave. Tire Store

WASHINGTON | A three-alarm fire at a tire store in Northeast D.C. continued to burn Monday evening, sending a black plume of smoke over portions of the city.

Firefighters were called to the fire near 12th Street and Florida Avenue NE at about 2 p.m. Several nearby buildings were evacuated, and Fire Chief Dennis Rubin said firefighters were working to prevent the fire from spreading.

D.C. Fire and EMS spokesman Alan Etter said it was still unclear when firefighters would be able to control the flames. (AP)

GERALD MARTINEAU/TWP

D.C. Fire Chief Dennis Rubin said firefighters were trying to prevent spreading.

HEARSAY | ENDORSEMENT

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—BALTIMORE MAYOR SHEILA DIXON

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The Lotteries

Monday, Jan. 21

DISTRICT	
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Evening Lucky Numbers (Sun.)	1-4-4
Mid-day DC 4	4-9-0-1
Evening DC 4 (Sun.)	4-9-8-0
Rolling Cash Five (Sun.)	11-17-18-31-35
Daily 6 (Sun.)	4-20-27-32-38-39 Bonus: 8

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND	
Mid-day Pick 3	4-7-4
Evening Pick 3 (Sun.)	9-7-3
Mid-day Pick 4	8-7-8-5
Evening Pick 4 (Sun.)	6-0-3-2
Match 5 (Sun.)	1-2-14-22-25 Bonus: 18

VIRGINIA	
Mid-day Pick 3	0-6-1
Evening Pick 3 (Sun.)	7-9-0
Mid-day Pick 4	4-6-5-1
Evening Pick 4 (Sun.)	0-6-4-6
Mid-day Cash 5	3-21-24-31-33
Evening Cash 5 (Sun.)	15-16-19-20-27

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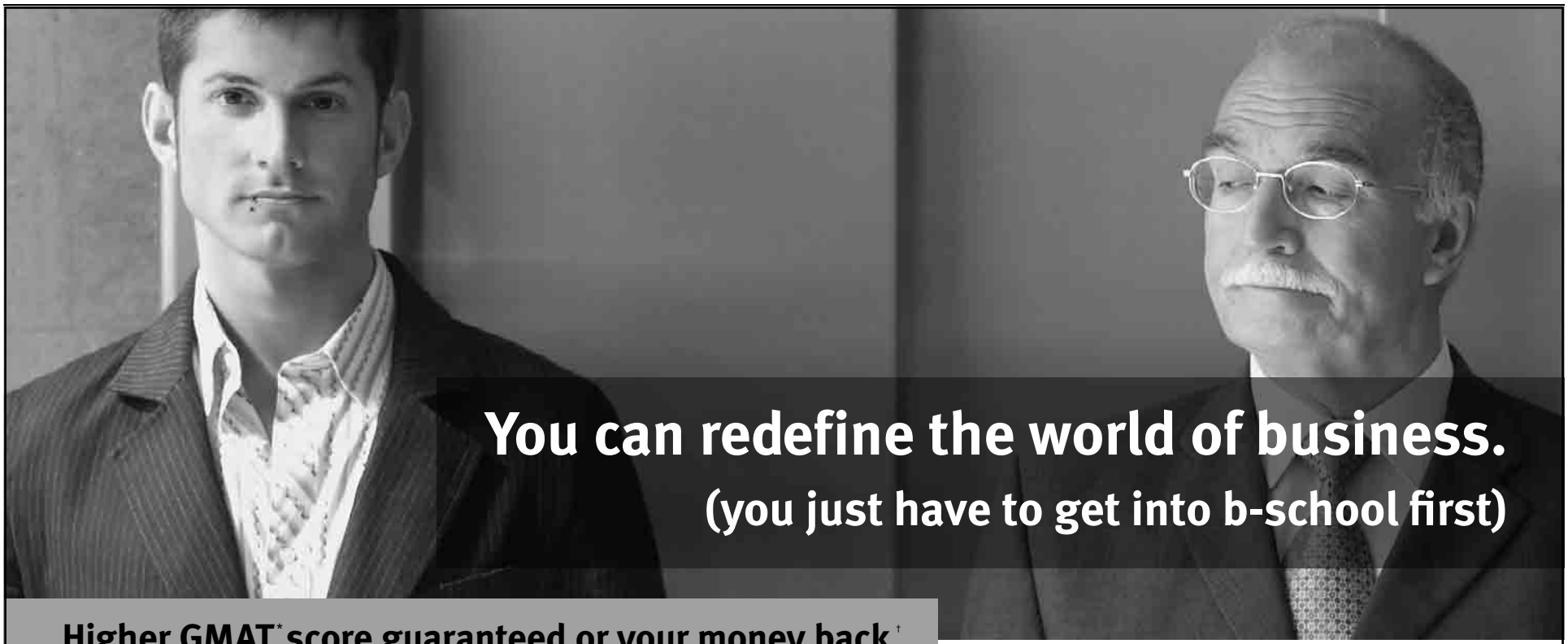

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MONSTERS INC.: The creature-feature "Cloverfield" proved lucrative this weekend, pulling in an impressive $41 million. Katherine Heigl's romantic comedy "27 Dresses" was second, pulling in a less impressive $22.4 million.

Entertainment

COURTESY OF EPIC RECORDS GROUP

DELICATE BALANCE: On "Pocketful of Sunshine," Bedingfield is uptempo without the corny, and mature without the provocative.

Walk the Line

Natasha Bedingfield hits the note between prudish and bad girl

MUSIC | G-rated pop queens have a hard time growing up. The transition to real-live woman is usually signaled by a declaration of sexual power, even if, years after Janet went Nasty, Mariah became Honey, Christina got Stripped and Britney showed she was Toxic, all the stripteasing has become tedious. A "mature" pop star has to show her bad side, even if it's as fake as her tan.

Give credit, then, to Natasha Bedingfield, who's trying to make adult dance pop that's not overly promiscuous, in the sexual or self-promotional sense. The 27-year-old Brit, who spent her teens on the Christian-pop circuit, has a nicely husky voice and a style that's modest without being prudish. Her 2004 solo debut, "Unwritten," yielded a few appealing hits, one of which became the theme for that televisual chronicle of tartiness, "The Hills."

Bedingfield's sophomore album, released abroad under the title "N.B.," had some inevitable flailing, including "I Wanna Have Your Babies," a bizarre portrait of woman-as-vessel that charted in the U.K. "Pocketful of Sunshine" salvages about half of "N.B.," adding tracks helmed by Rodney Jerkins, J.R. Rotem and John Shanks to supersize an already star-producer-heavy album (in stores today).

There's no "Babies" here, which is really too bad — as awkward as the song is, it fleshes out Bedingfield's vision better than Jerkins' Mary J. Bligean "Angel" or Rotem's Fergilicious "Piece of Your Heart." ("Tricky Angel," the most adventurous club track on "N.B.," is also absent.)

Of the new material, the self-empowerment anthems "Freckles" and "Happy" show Bedingfield's best side. Summery elements — loopy guitar lines, sighing background vocals — play against the grain of her voice to evoke unshmaltzy hopefulness. "Love Like This," the single featuring Sean Kingston, would be unobjectionable if it didn't make you want to put on a T-shirt that reads, "BAN THE VOCODER."

Young Ms. Bedingfield also is very good at nostalgia. "Backyard" is this year's "Where Have All the Cowboys Gone?": a rapturous expression of desire for the simple boy-girl games of childhood ("Your cowboy hat, my tutu/you hide and seek, I catch you") that simultaneously embraces and makes light of gender stereotypes. This is where the real Natasha Bedingfield seems to live: inside the question of what it means to be a nice, normal girl, even as she refuses to abandon that dream. ANN POWERS (LOS ANGELES TIMES)

Suzanne Pleshette Dies at 70

The stunning actress had a lead role in 'The Bob Newhart Show'

OBIT | Suzanne Pleshette, best known for her role as Bob Newhart's wife on television's long-running "The Bob Newhart Show," has died, just days before a ceremony honoring her with a star on the Hollywood Walk of Fame.

Pleshette, who underwent chemotherapy for lung cancer in 2006, died of respiratory failure Saturday evening at her Los Angeles home, said attorney and family friend Robert Finkelstein.

The beautiful, husky-voiced TV, film and theater star was set to attend the Jan. 31 ceremony on her 71st birthday.

"The Bob Newhart Show, a hit throughout its six-year run, starred comedian Newhart as a Chicago psychiatrist surrounded by eccentric patients. Pleshette — as his sardonic wife — provided the voice of reason.

TWP

Pleshette in the 1970s, during which she played Newhart's sardonic wife.

Born Jan. 31, 1937, in New York City, Pleshette began her career as a stage actress.

She met her future third husband, Tom Poston, in 1959 but didn't marry him until more than 40 years later.

By 2000, both were widowed and they got back together, marrying the following year.

"He had fun every day of his life," Pleshette said after Poston died in April 2007. BOB THOMAS (AP)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

'LA BAYADERE'

Plié! Elevé!

1 For one week only in the Kennedy Center's Opera Hall, St. Petersburg's Kirov Ballet performs "La Bayadere," a three-act epic tale of forbidden love, murder and a journey to the afterlife. The performance features one of ballet's most renowned scenes: a seemingly endless line of ethereal maidens (pictured).

→ *Kennedy Center, 2700 F St. NW; 7:30 p.m., $47-$130; 202-467-4600. (Foggy Bottom-GWU)*

PRNEWSFOTO/DECCA LABEL GROUP

BOYZ II MEN

Motownphilly Back Again

2 No, this is not 1994. It's Boyz II Men, one man short, touring in 2008 with the soulful R&B sound that made them world famous more than 15 years ago. While this might seem outdated to some, word is the guys are still fantastic live performers. "The End of the Road" (forgive us) is not in sight.

→ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., $49.50; 703-549-7500.*

TOP SHELF

Case of the Tuesdays

3 Ease the post-holiday weekend return to work blow with a chuckle at Solly's, where local comedians are onstage looking to make you laugh. Oh, and there's beer, too.

→ *Solly's U Street Tavern, 1942 11th St. NW; 8 p.m., $5; 202-232-6590. (U St.-Cardozo)*

WHAT'S HAPPENING?

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Entertainment

CONGRATULATIONS! Eddie Murphy set a Razzie record for most nominations in a single year on Monday, scoring five for his role in "Norbit" (the film itself was nominated for eight awards). Lindsay Lohan's "I Know Who Killed Me" received a not-so-surprising nine nominations.

Sudsy, Sexy Sci-Fi TV

Supernatural soap opera 'Torchwood' returns to the BBC

SPACE | Attention, fans of quick-witted, Brit-flavored science-fiction television: Capt. Jack is back.

"He's still the same Jack, but he's a little more lighthearted," says John Barrowman, who plays cheeky charmer Capt. Jack Harkness on "Torchwood," BBC America's flirty, fast-paced series.

"He's resolved a lot of his issues," Barrowman says of his time-traveling, alien-hunting hero who wears World War II-era togs and cannot die. "He's got a new sparkle in his eye."

Introduced in 2005 on the BBC series "Dr. Who," Jack is coy about his shadowy past as a Time Agent — akin to an intergalactic CIA operative — turned fast-talking con artist.

In the second season of "Torchwood," premiering Saturday at 9 p.m., Jack returns to the clandestine Torchwood agency in Cardiff, Wales, where he watches over an alien-spewing rift in space and time beneath the city streets.

Together with his hip, young Torchwood team, Jack battles his old pal, the time-traveling psychopath Capt. John Hart (James Marsters of "Buffy the Vampire Slayer").

As always, Torchwood operates outside the law and the British government. It stands tall against all manner of monsters, including a recurring cast of nasty, sewer-dwelling weevils.

AP

ABOVE THE LAW: John Barrowman (as Capt. Jack), left, and James Marsters.

But Jack and crew still find time for office romance and ill-fated, inter-species love affairs — of the same- and opposite-sex sorts.

"Omnisexual is the science-fiction word we like to use," says Barrowman, who sounds very American, both on- and off-camera. Born in Scotland, he grew up in Illinois.

"In the sci-fi setting, we can talk about things that you probably couldn't talk about on a regular nighttime drama," the 40-year-old Barrowman says.

"I think audiences just get Jack because he's honest," he says. "To finally see a character who doesn't care who he flirts with, I think, is a bit refreshing."

The ace Torchwood team also includes steely Dr. Owen Harper (Burn Gorman), techno-savvy Toshiko Sato (Naoko Mori), office administrator Ianto Jones (Gareth David-Lloyd) and compassionate former cop Gwen Cooper (Eve Myles), who is typically the conscience of the group.

All of Jack's cohorts are just as hormonal as he is.

"Yes, it is a science-fiction soap opera," says Myles, who is Welsh.

KINNEY LITTLEFIELD (AP)

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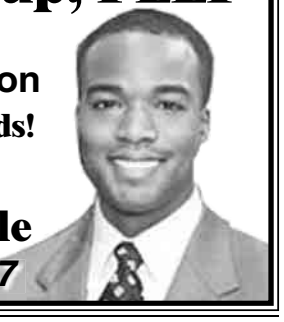

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P.S. I LOVE YOU (PG-13) 745 1030
CHARLIE WILSON'S WAR (R) - ID REQ'D (245 515) 800 1020
NATIONAL TREASURE: BOOK OF SECRETS (PG) (115 415) 715 1010
I AM LEGEND (PG-13) (100 320 540) 815
ENCHANTED (PG) (215) PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy — 800-FANDANGO 690#

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
27 DRESSES - DP (PG-13) (130 430) 730 1015
27 DRESSES (PG-13) (1250 350) 650 935
CLOVERFIELD (PG-13) ★ (1240 220 300 440 520) 700 740 920 1000
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (155 415) 705
ALVIN AND THE CHIPMUNKS (PG) (115 350) 620 850
MAD MONEY (PG-13) (210 500) 745 1025
FIRST SUNDAY (PG-13) (105 145 340 420) 635 715 910 950
IN THE NAME OF THE KING (PG-13) (1230) 955
CHARLIE WILSON'S WAR (R) - ID REQ'D (120 510) 800
P.S. I LOVE YOU (PG-13) (330) 645
NATIONAL TREASURE: BOOK OF SECRETS (PG) (150 450) 750
OC: BUCKET LIST (PG-13) (455) 1010
BUCKET LIST (PG-13) (215) 735
THE GREAT DEBATERS (PG-13) (510) 810
THE WATER HORSE: LEGEND OF THE DEEP (PG) (200) PM
THE KITE RUNNER (PG-13) (1255 410) 725 1030
I AM LEGEND (PG-13) (530) 820
ENCHANTED (PG) (245) PM
ONE MISSED CALL (PG-13) 925 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza — 800-FANDANGO 394#

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
27 DRESSES - DP (PG-13) (1140 220 510) 740 1020
MAD MONEY (PG-13) (140 415) 700 940
CLOVERFIELD (PG-13) ★ (1210 110 240 340 450 550) 720 820 950 1040
27 DRESSES (PG-13) (1240 320) 610 840
OC: BUCKET LIST (PG-13) (300) 1035
IN THE NAME OF THE KING (PG-13) 930 PM
FIRST SUNDAY (PG-13) (1215 310 540) 810 1030
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (1230 250 500) 710
THERE WILL BE BLOOD (R) - ID REQ'D (100 445) 830
ONE MISSED CALL (PG-13) (215) 1000
THE ORPHANAGE (R) - ID REQ'D 750 1015
BUCKET LIST (PG-13) (1220 530) 800
THE GREAT DEBATERS (PG-13) 910 PM
THE WATER HORSE: LEGEND OF THE DEEP (PG) (1155 245 520)
P.S. I LOVE YOU (PG-13) 725 1010
CHARLIE WILSON'S WAR (R) - ID REQ'D (120 410) 640
SWEENEY TODD (R) - ID REQ'D (1150 230 505) 745 1025
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1200 315) 620 915
THE KITE RUNNER (PG-13) (1250 345) 645 945
ALVIN AND THE CHIPMUNKS (PG) (130 400) 615 850
I AM LEGEND (PG-13) (115 350) 630 900
ATONEMENT (R) - ID REQ'D (1245 330) 635 935
JUNO (PG-13) (150 420) 650 920
ENCHANTED (PG) (1145 210 440)
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (430) 715

ROCKVILLE CENTER STADIUM 13
Rockville Town Center — 800-FANDANGO 248#

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
CLOVERFIELD (PG-13) ★ (1230 200 300 430 530) 700 800 930 1030
27 DRESSES (PG-13) (1215 115 315 415) 630 730 915 1015
MAD MONEY (PG-13) (1200 230 500) 745 1030
FIRST SUNDAY (PG-13) (1200 230 515) 815 1045
BUCKET LIST (PG-13) (145 445) 715 1000
ATONEMENT (R) - ID REQ'D (100 400) 700 1000
JUNO (PG-13) (130 400) 715 945
NATIONAL TREASURE: BOOK OF SECRETS (PG) (145 445) 745 1045
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (1245 330) 645
THE GREAT DEBATERS (PG-13) (1245) 930
CHARLIE WILSON'S WAR (R) - ID REQ'D (345) 645
ALVIN AND THE CHIPMUNKS (PG) (115 345) 630 900
I AM LEGEND (PG-13) 915 PM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road — 800-FANDANGO 670#

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
THERE WILL BE BLOOD (R) - ID REQ'D (300) 640 1000
MAD MONEY (PG-13) (145 440) 720 950
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (100 350) 700 945
I AM LEGEND - DP (PG-13) (140 430) 725 955
P.S. I LOVE YOU (PG-13) (120 410) 710
ALVIN AND THE CHIPMUNKS (PG) (150 415) 705 930
SWEENEY TODD (R) - ID REQ'D (125 420) 730 1010
THE ORPHANAGE (R) - ID REQ'D (110 330) 650 920
ENCHANTED (PG) (130 400) 645
MICHAEL CLAYTON (R) - ID REQ'D (340) 630 935
THE GREAT DEBATERS (PG-13) 940 PM
THE WATER HORSE: LEGEND OF THE DEEP (PG) (105) PM
IN THE NAME OF THE KING (PG-13) 1005 PM

GERMANTOWN STADIUM 14
20000 Century Blvd — 800-FANDANGO 455#

CLOVERFIELD (PG-13) ★ (1230 145 300 415 530) 715 815 945 1030
27 DRESSES (PG-13) (100 230 400 515) 700 800 930 1045
MAD MONEY (PG-13) (1245 430) 730 1015
FIRST SUNDAY (PG-13) (1230 130 300 445 530) 715 815 1000 1045
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (100 345) 645
ONE MISSED CALL (PG-13) 915 PM
BUCKET LIST (PG-13) (200 500) 745 1000
CHARLIE WILSON'S WAR (R) - ID REQ'D 945 PM
NATIONAL TREASURE: BOOK OF SECRETS (PG) (130 430) 730 1030
ALVIN AND THE CHIPMUNKS (PG) (115 400) 645 915
I AM LEGEND (PG-13) (115 415) 700
ATONEMENT (R) - ID REQ'D (1245 330) 630 930
JUNO (PG-13) (145 445) 745 1015

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr — 800-FANDANGO 570#

MAD MONEY (PG-13) (200 445) 730 1000
CLOVERFIELD (PG-13) ★ (145 245 430 530) 715 815 930 1030
27 DRESSES (PG-13) (200 445) 730 1015
FIRST SUNDAY (PG-13) (215 500) 745 1020
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (130 345) 630
THERE WILL BE BLOOD (R) - ID REQ'D (100 430) 800
THE ORPHANAGE (R) - ID REQ'D (230 515) 800 1025
BUCKET LIST (PG-13) (215) 745
THE GREAT DEBATERS (PG-13) 915 PM
CHARLIE WILSON'S WAR (R) - ID REQ'D (145) 715
NATIONAL TREASURE: BOOK OF SECRETS (PG) (100 400) 700 1000
ALVIN AND THE CHIPMUNKS (PG) (130 415) 645 930
I AM LEGEND (PG-13) (415) 945
ATONEMENT (R) - ID REQ'D (115 400) 700 945
JUNO (PG-13) (115 345) 645 915
OC: BUCKET LIST (PG-13) (500) 1010

MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

Adv. Tix on Sale HANNAH MONTANA CONCERT 3D (NR) ★
CLOVERFIELD (PG-13) ★ (1215 230 450) 735 1020
CLOVERFIELD - DP (PG-13) ★ (1135 155 415) 635 935
27 DRESSES (PG-13) (1200 1230 355 435) 650 720 920 1000
MAD MONEY (PG-13) (1250 340) 645 955
FIRST SUNDAY (PG-13) (1145 210 430) 730 1030
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (1205 220 445) 700
ONE MISSED CALL (PG-13) (440) 705 940
BUCKET LIST (PG-13) (1155 215 505) 750 1035
THE WATER HORSE: LEGEND OF THE DEEP (PG) (1240) PM
P.S. I LOVE YOU (PG-13) (1235) PM
CHARLIE WILSON'S WAR (R) - ID REQ'D 1005 PM
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1220 315) 715 1010
ALVIN AND THE CHIPMUNKS (PG) (1150 205 420) 640 925
I AM LEGEND (PG-13) (400) 740 1025
ATONEMENT (R) - ID REQ'D (1210 325) 630 950
JUNO (PG-13) (1140 200 425) 745 1015

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AS PART OF THE STUDY

- Volunteers will receive up to 4 doses (one or two injections) of an investigational vaccine against avian influenza into the muscle one month apart
- Volunteers must be willing to donate plasma by plasmapheresis (a standard type of blood donation performed in the blood bank)
- Volunteers will be compensated

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http://clinicaltrials.gov | Se habla español

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AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL PRESENTATION
THE BUCKET LIST (PG13) 2:00, 4:55, 7:35, 10:20
27 DRESSES (PG13) ✓ 1:15, 2:15, 4:30, 5:30, 7:30, 8:40, 10:30
CLOVERFIELD (PG13) ✓ 1:40, 3:20, 4:20, 5:55, 7:00, 8:30, 9:25
MAD MONEY (PG13) ✓ 1:30, 4:10, 6:45, 9:30
FIRST SUNDAY (PG13) 1:20, 2:20, 4:15, 5:00, 7:20, 8:00, 10:00
IN THE NAME OF THE KING: A DUNGEON SIEGE TALE (PG13) 9:15 PM
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 2:25, 4:50, 7:05
ONE MISSED CALL (PG13) 7:50
THE GREAT DEBATERS (PG13) 1:00, 4:00, 6:55, 9:45
CHARLIE WILSON'S WAR (R) 1:35, 4:05, 6:40, 9:20
NATIONAL TREASURE: BOOK OF SECRETS (PG) 2:10, 5:20, 8:25
P.S. I LOVE YOU (PG13) 1:10, 4:45
ALVIN AND THE CHIPMUNKS (PG) 1:50, 4:35, 7:25, 9:55
I AM LEGEND (PG13) 1:45, 5:05, 7:40, 10:15
THE GOLDEN COMPASS (PG13) 2:30, 5:10
ENCHANTED (PG) 1:25, 4:25

AMC SELECT
NO COUNTRY FOR OLD MEN (R) ✓ 8:15
THERE WILL BE BLOOD (R) 2:05, 6:10, 9:35
THE ORPHANAGE (R) 7:10, 9:50
ATONEMENT (R) 3:25, 6:35, 9:40
JUNO (PG13) 1:55, 4:40, 7:15, 10:05
JUNO (PG13) [D] [CC] 1:55, 4:40, 7:15, 10:05
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 3:05, 6:05, 9:00
THE SAVAGES (R) 1:05, 4:05, 6:50, 9:40

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION
CLOVERFIELD (PG13) ✓ 2:30, 4:45, 7:00, 9:20
27 DRESSES (PG13) ✓ 2:20, 5:00, 7:45, 10:30
MAD MONEY (PG13) ✓ 2:15, 4:50, 7:25, 10:05
THE BUCKET LIST (PG13) 3:00, 5:25, 7:55, 10:20
FIRST SUNDAY (PG13) 2:10, 4:35, 7:05, 9:35
THE GREAT DEBATERS (PG13) 7:20
CHARLIE WILSON'S WAR (R) 2:50, 5:20, 8:00, 10:25
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:05, 4:05, 7:10, 10:10
I AM LEGEND (PG13) 4:55

AMC SELECT
NO COUNTRY FOR OLD MEN (R) 1:50, 7:35
CASSANDRA'S DREAM (PG13) ✓ 1:40, 4:15, 6:45, 9:30
THERE WILL BE BLOOD (R) 3:10, 6:50, 10:20
THE KITE RUNNER (PG13) 4:40, 10:40
THE ORPHANAGE (R) 2:35, 10:15
ATONEMENT (R) 1:10, 4:10, 7:15, 10:25
JUNO (PG13) 1:00, 3:15, 5:45, 8:15, 10:30
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 1:20, 4:05, 6:55, 9:50

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
NO COUNTRY FOR OLD MEN (R) 1:50, 7:20
CASSANDRA'S DREAM (PG13) 1:40, 4:20, 7:00
THERE WILL BE BLOOD (R) 2:00, 5:10, 8:10
THE ORPHANAGE (R) 4:50
ATONEMENT (R) 1:30, 4:10, 7:50
JUNO (PG13) 2:10, 4:30, 7:10
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 2:00, 4:40, 7:40
THE SAVAGES (R) 2:20, 5:00, 7:30

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

27 DRESSES (PG13) 1:50, 4:25, 7:15
CLOVERFIELD (PG13) 1:50, 4:15, 7:15
THE BUCKET LIST (PG13) 1:45, 4:35, 7:20
CHARLIE WILSON'S WAR (R) 2:00, 4:25, 7:00

AMC SELECT
JUNO (PG13) 2:15, 4:20, 7:05

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

CLOVERFIELD (PG13) 2:30, 4:45, 7:00, 9:15

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

27 DRESSES (PG13) 1:40, 4:20, 7:00, 9:45
CLOVERFIELD (PG13) 12:40, 3:00, 5:20, 7:40, 10:00
THE BUCKET LIST (PG13) 1:30, 4:00, 6:30, 9:00
FIRST SUNDAY (PG13) 1:45, 4:15, 6:45, 9:15
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:05, 3:15, 5:25
ONE MISSED CALL (PG13) 1:25, 3:40, 5:50, 8:00, 10:10
THE GREAT DEBATERS (PG13) 2:00
THE WATER HORSE: LEGEND OF THE DEEP (PG) 12:50 PM
CHARLIE WILSON'S WAR (R) 4:50, 7:15, 9:40
NATIONAL TREASURE: BOOK OF SECRETS (PG) 12:35, 3:30, 6:25, 9:20
P.S. I LOVE YOU (PG13) 3:20, 6:20, 9:10
ALVIN AND THE CHIPMUNKS (PG) 12:25, 2:45, 5:05, 7:20, 9:35
ALVIN AND THE CHIPMUNKS (PG) [D] [CC] 12:25, 2:45, 5:05, 7:20, 9:35
I AM LEGEND (PG13) 12:20, 2:40, 5:15, 7:50, 10:15

AMC SELECT
ATONEMENT (R) 1:15, 4:10, 7:05, 9:55
JUNO (PG13) 12:30, 2:50, 5:10, 7:35, 10:05
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 1:35, 4:25, 7:10, 9:50

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

27 DRESSES (PG13) ✓ 12:15, 2:50, 5:15, 7:50
CLOVERFIELD (PG13) ✓ 12:00, 2:25, 4:40, 7:15, 9:30
MAD MONEY (PG13) ✓ 5:00, 7:40
THE BUCKET LIST (PG13) 12:30, 3:00, 5:20, 7:45
FIRST SUNDAY (PG13) 12:45, 3:15, 5:40, 8:00
ONE MISSED CALL (PG13) 5:15, 7:20
ALIENS VS. PREDATOR - REQUIEM (R) 7:30
THE WATER HORSE: LEGEND OF THE DEEP (PG) 4:30
NATIONAL TREASURE: BOOK OF SECRETS (PG) 4:15, 7:15
ALVIN AND THE CHIPMUNKS (PG) 4:45, 7:00
I AM LEGEND (PG13) 5:30, 8:00

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION
CLOVERFIELD (PG13) ✓ 1:00, 3:10, 5:30, 7:50, 10:10
27 DRESSES (PG13) ✓ 1:45, 4:30, 7:10, 10:00
CLOVERFIELD (PG13) ✓ 1:50, 4:10, 6:30, 8:50
MAD MONEY (PG13) ✓ 1:40, 4:15, 7:05, 9:45
THE BUCKET LIST (PG13) 2:20, 4:50, 7:20, 9:50
FIRST SUNDAY (PG13) 1:00, 3:30, 5:50, 8:10, 10:35
FIRST SUNDAY (PG13) [CC] 1:00, 3:30, 5:50, 8:10, 10:35
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:25, 3:35, 5:50, 8:05
ONE MISSED CALL (PG13) 4:05, 6:20, 8:30
THE GREAT DEBATERS (PG13) 1:55, 4:55
THE WATER HORSE: LEGEND OF THE DEEP (PG) 1:10, 3:50
CHARLIE WILSON'S WAR (R) 6:50, 9:30
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:30, 4:35, 7:30, 10:25
P.S. I LOVE YOU (PG13) 10:30 PM
ALVIN AND THE CHIPMUNKS (PG) 1:05, 3:20, 5:40, 8:00, 10:15
I AM LEGEND (PG13) 2:30, 5:00, 7:30, 9:55
ENCHANTED (PG) 1:40

AMC SELECT
THERE WILL BE BLOOD (R) 2:00, 5:30, 9:00
THE KITE RUNNER (PG13) 1:35, 4:25, 7:25, 10:20
THE ORPHANAGE (R) 2:10, 5:15, 7:40, 10:05
ATONEMENT (R) 2:05, 5:05, 8:10
JUNO (PG13) 2:00, 4:40, 7:15, 9:40
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 7:45, 10:30

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

CLOVERFIELD (PG13) 12:35, 3:00, 5:30, 8:00, 10:15
DIRTY LAUNDRY (PG13) 12:10, 2:30, 4:50, 7:10, 9:40
MAD MONEY (PG13) 1:30, 4:30, 7:00, 9:30
THE BUCKET LIST (PG13) 12:15, 2:40, 5:00, 7:25, 9:55
FIRST SUNDAY (PG13) 12:05, 12:15, 2:25, 3:15, 4:45, 6:15, 7:15, 9:15, 10:00
ONE MISSED CALL (PG13) 1:05, 4:05, 6:30, 9:00
ONE MISSED CALL (PG13) [CC] 1:05, 4:05, 6:30, 9:00
ALIENS VS. PREDATOR - REQUIEM (R) 12:20, 2:50, 5:20, 7:45, 10:10
THE GREAT DEBATERS (PG13) 12:45, 3:45, 6:45, 9:45
NATIONAL TREASURE: BOOK OF SECRETS (PG) 12:50, 3:50, 6:50, 9:50
ALVIN AND THE CHIPMUNKS (PG) 12:30, 2:45, 5:15, 7:30, 9:50
I AM LEGEND (PG13) 1:35, 4:35, 7:05, 9:35

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION
CLOVERFIELD (PG13) ✓ 1:15, 3:30, 5:45, 7:55, 10:05
27 DRESSES (PG13) ✓ 2:15, 4:55, 7:40, 10:15
CLOVERFIELD (PG13) ✓ 2:30, 4:40, 7:00, 9:15
MAD MONEY (PG13) ✓ 2:05, 4:45, 7:25, 10:00
THE BUCKET LIST (PG13) 1:55, 4:25, 7:05, 9:40
THE BUCKET LIST (PG13) [CC] 1:55, 4:25, 7:05, 9:40
FIRST SUNDAY (PG13) 3:05, 5:30, 7:55, 10:15
IN THE NAME OF THE KING: A DUNGEON SIEGE TALE (PG13) 1:20, 6:55
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:35, 4:05, 6:30
ONE MISSED CALL (PG13) 2:35, 5:15, 7:30, 9:50
THE GREAT DEBATERS (PG13) 7:35, 10:20
THE WATER HORSE: LEGEND OF THE DEEP (PG) 2:20, 5:05
CHARLIE WILSON'S WAR (R) 6:40, 9:25
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:10, 4:10, 7:10, 10:05
P.S. I LOVE YOU (PG13) 9:00 PM
ALVIN AND THE CHIPMUNKS (PG) 1:45, 4:15, 6:35, 9:10
I AM LEGEND (PG13) 2:10, 4:35, 7:20, 9:55
ENCHANTED (PG) 1:25, 4:00

AMC SELECT
THERE WILL BE BLOOD (R) ✓ 1:30, 5:00, 8:30
THE ORPHANAGE (R) 4:30, 10:00
ATONEMENT (R) 1:00, 3:55, 6:50, 9:45
JUNO (PG13) 1:50, 4:20, 6:45, 9:20
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 2:00, 4:50, 7:40, 10:20

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

MAD MONEY (PG13) ✓ 12:30, 3:00, 5:40, 8:20
THE BUCKET LIST (PG13) 12:40, 3:10, 5:30, 8:10
THE GREAT DEBATERS (PG13) 1:20, 4:20, 7:20
THE WATER HORSE: LEGEND OF THE DEEP (PG) 12:20, 2:50
CHARLIE WILSON'S WAR (R) 12:00, 2:40, 5:20, 8:00
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:30, 4:30, 7:30
P.S. I LOVE YOU (PG13) 5:15, 7:50

AMC SELECT
THE KITE RUNNER (PG13) 1:10, 4:10, 7:00
THE SAVAGES (R) 12:10, 2:40, 5:10, 7:40

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION
THE BUCKET LIST (PG13) 1:10, 3:35, 5:55, 8:25, 10:45
27 DRESSES (PG13) ✓ 1:45, 4:40, 7:30, 10:25
CLOVERFIELD (PG13) ✓ 1:20, 3:30, 5:45, 8:15, 10:45
MAD MONEY (PG13) ✓ 1:50, 4:30, 7:15, 9:55
FIRST SUNDAY (PG13) 12:55, 3:15, 5:40, 8:00, 10:30
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:05, 3:10, 5:30, 7:35
ONE MISSED CALL (PG13) 5:50, 8:10, 10:20
THE GREAT DEBATERS (PG13) 9:45 PM
THE WATER HORSE: LEGEND OF THE DEEP (PG) 1:00, 3:25
CHARLIE WILSON'S WAR (R) 1:35, 4:10, 7:25, 9:50
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:40, 4:45, 7:45, 10:40
P.S. I LOVE YOU (PG13) 1:05, 3:55
ALVIN AND THE CHIPMUNKS (PG) 12:50, 3:05, 5:20, 7:50, 10:05
I AM LEGEND (PG13) 7:05, 9:35
ENCHANTED (PG) 12:50, 3:20

AMC SELECT
THE KITE RUNNER (PG13) 1:55, 4:55, 7:55, 10:50
THE KITE RUNNER (PG13) [CC] 1:55, 4:55, 7:55, 10:50
THE ORPHANAGE (R) 5:50, 8:10, 10:30
ATONEMENT (R) 1:15, 4:15, 7:20, 10:15
JUNO (PG13) 12:45, 3:05, 5:25, 7:45, 10:10
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 2:05, 5:00, 7:50, 10:35

AMC MAZZA GALLERIE
Jenifer and Wisconsin
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27 DRESSES (PG13) ✓ 1:40, 4:30, 7:10
THE BUCKET LIST (PG13) 2:30, 5:20, 7:50
FIRST SUNDAY (PG13) 2:00, 4:20, 7:00
CHARLIE WILSON'S WAR (R) 2:10, 4:50, 7:15
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:45, 4:35, 7:20
I AM LEGEND (PG13) 2:20, 5:00, 7:40

AMC SELECT
SWEENEY TODD: THE DEMON BARBER OF FLEET STREET (R) 1:50, 4:40, 7:30

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [D] - Descriptive Video Service

Times for Tuesday, January 22, 2008

XX363 3x.5

Are you depressed?

Have you suffered from most of the following in the past month?

- ❒ Sadness
- ❒ Lack of motivation
- ❒ Negative thinking
- ❒ Sleep Problems
- ❒ Appetite or weight changes
- ❒ Lack of concentration
- ❒ Feelings of anger or guilt

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Styles. Every Friday

Television

LOVE YIELDS ADRENALINE: Rachel Rosales and TK Erwin, a young couple from Huntington Beach, Calif., finished first in the Last Frontier to win CBS' "The Amazing Race" and the reality TV show's $1 million prize in Anchorage on Sunday.

Generation Tech

'Frontline' studies the effect of the Internet on youth culture

WEB SURFERS | "Frontline" (9 p.m., PBS) spends a thoughtful hour on a subject worthy of months of discussion. "Growing Up Online" meditates on the radical changes in youth culture, education and family life since the advent of the Internet in the mid-1990s.

As the film makes clear, today's high school senior has been online since he or she was in first grade. At first, we hear from teachers who find it difficult to teach students who have gotten used to the Web's culture of instant messaging and immediate gratification.

SARAH RICE/FRONTLINE

ALTER EGO: Jessica's online persona is Autumn Edows, model and artist.

Some bemoan the medium's influence on attention spans and worry about plagiarism, while others argue that the students are riding the wave of the future and that schools will have to adjust.

We get an overview of the phenomenon of MySpace and Facebook and an adolescent culture of competitive popularity and intimate exhibitionism. We also see how teens use their camera phones to document and upload drunken and rowdy behavior for all to see. Whatever happened to sparing the parental units by the time-honored means of lying and deceit? KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

IRELAND VS. ITALY
Gabriel Byrne and Albert Finney lead an outstanding cast in **MILLER'S CROSSING** (8 p.m., Fox Movie Channel), the Coen brothers' elegiac take on the waning days of the Irish mob.

BABY DADDY
Shirley and Alan take opposite sides of an unusual paternity case on **BOSTON LEGAL** (10 p.m., ABC).

THEFT BY COERCION
Pickpockets, scam artists and conmen (and women) show how easy it can be to have folks give you their wallet and other valuables on **THE REAL HUSTLE** (10 p.m. and 10:30 p.m., Tru).

BUY ME LOVE!
The rich go on blind dates with hopes of finding true love on **THE MILLIONAIRE MATCHMAKER** (11 p.m., Bravo).

MARVIN JOSEPH/THE WASHINGTON POST

CAREER CHANGE: Erstwhile stripper and "Juno" writer Diablo Cody.

POLITICIAN, EXOTIC DANCER
Democratic presidential candidate John Edwards and Diablo Cody appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

1.22.08		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N) CC		NBC Nightly News	Access Hollywood	The Biggest Loser: Couples (N) CC				Law & Order: Special Victims Unit (N)		News (N) CC	Tonight Show
	WTTG 5	News (N)	TMZ (N) CC	The Simpsons	Seinfeld CC	American Idol Auditions. (N) CC		House "Games" (PA) CC		News (N)		News (N)	TMZ CC
	WJLA 7	News (N) CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Just for Laughs	Just for Laughs	According to Jim	Carpoolers (N)	Boston Legal (N) CC		News (N) CC	(:35) Nightline (N)
	WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS "Ex-File" CC		The Unit "Pandemonium, Part One"		48 Hours Mystery "In Too Deep" (N)		News (N) CC	Late Show
	WDCA 20	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	Street Patrol	Street Patrol	Jail CC	Jail CC	Every-Raymond	King of the Hill	Law & Order: Criminal Intent CC	
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors	Nova CC (DVS)		Frontline "Growing Up Online" (N)		The History Project CC (DVS)		Life (Part 2)	Smart Travels
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova CC (DVS)		Supernatural Science CC		Frontline "Growing Up Online" (N)		Charlie Rose (N) CC	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! CC (DVS)			Joy of Painting	BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	Family Guy CC	Two/Half Men	Two-Half Men	Reaper "Charged" CC		One Tree Hill (N) CC		Friends CC	Friends CC	Family Guy CC	Sex and the City
BASIC CABLE	A&E	Cold Case Files Arsonist. CC		CSI: Miami "Whacked" CC		The First 48 CC		The First 48 CC		Parking Wars (N)	Parking Wars (N)	The First 48 "Fallen; Texas Burning"	
	Animal	The Crocodile Hunter CC		The Big Squeeze CC		Anaconda Adventure CC		Seven Deadly Strikes CC		Animal Cops Detroit CC		Anaconda Adventure CC	
	BET	106 & Park: BET's Top 10 Live Top 10 countdown. (N)			★ "Hair Show" (2004) Mo'Nique. A hairstylist needs her sister's help to win a contest. CC					Crank Dat Year Back CC		Hell Date CC	Hell Date CC
	Bravo	Real Housewives	Real Housewives		Housewives	Real Housewives		Real Housewives		Real Housewives		The Millionaire Matchmaker CC	
	Comedy	(5:00) ★ "Death to Smoochy" (2002)		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Futurama CC	South Park CC	Lewis Black: Red, White & Screwed		Daily Show	Colbert Report
	Court	World's Wildest Police Videos CC		Cops CC	Cops CC	Cops CC	Cops CC	Disorder in the Court 3 (N)		The Real Hustle	The Real Hustle	The Investigators "Deadly Alliance"	
	Discovery	Cash Cab	Cash Cab CC	How It's Made	How It's Made	Dirty Jobs Mike digs tunnels.		Dirty Jobs "Cave Biologist" (N)		Some Assembly Required (N)		MythBusters Life raft test. CC	
	DISCH	Code Blue "Long Hours, Late Nights"		Trauma: Life in the ER CC		Conjoined Twins: Erin and Jade		Quint-essential First birthday. CC		The Bailey Multiples CC		Conjoined Twins: Erin and Jade	
	Disney	Music in You	Cory in the House	Hannah Montana	Zack & Cody	"Life Is Ruff" (2005, Comedy) Kyle Massey. CC			That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
	E!	Kardashians	Chelsea Lately	E! News (N)	The Daily 10 (N)	Hugh Hefner: The E! True Hollywood Story				Girl Next Door	Girl Next Door	E! News	Chelsea Lately (N)
	FX	(5:00) ★★★ "Ice Age" (2002) Voices of Ray Romano.				★★ "Fantastic Four" (2005) Ioan Gruffudd. Cosmic radiation grants four people unusual powers.				Nip/Tuck "Magda & Jeff" (N)		(:03) Nip/Tuck "Magda & Jeff"	
	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Desperate Spaces	Open House	House Hunters	Secrets That Sell	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	America's Funniest Home Videos		America's Funniest Home Videos		America's Funniest Home Videos		The 700 Club CC	
	History	Man, Moment, Machine CC		Modern Marvels: The Lumberyard		Siberian Apocalypse CC		The Universe Apocalyptic scenarios.		Mega Disasters "Hawaii Apocalypse"		Decoding the Past CC	
	Lifetime	Reba CC	Reba CC	Still Standing	Still Standing	Reba CC	Reba CC	"Forget Me Never" (1999, Drama) Mia Farrow, Martin Sheen. Premiere. CC				Will & Grace	Will & Grace
	MTV	Super Sweet	Super Sweet	True Life		True Life		Rob & Big	Life of Ryan	Life of Ryan (N)	Rob & Big (N)	Best of Challenges	
	NICK	Drake & Josh	Drake & Josh	Zoey 101 Dancing.	Ned's School	SpongeBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince
	SCIFI	Stargate Atlantis	Stargate SG-1 "A Matter of Time"		★★ "Stargate" (1994) Kurt Russell. An artifact found in Egypt is the doorway to another world.					ECW Royal Rumble countdown. (Live)		Guinea Pig CC	Guinea Pig CC
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation "4x4"		CSI: Crime Scene Investigation		CSI: NY "Run Silent, Run Deep"	
	TBS	Friends CC	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy CC	Family Guy CC	Family Guy CC	Family Guy CC	The Office CC	The Office CC	10 Items or Less	Sex and the City
	TLC	Property Ladder CC		Miss America Reality Check		Miami Ink "Skate or Die!" CC		Bussey Bunch	Bussey Bunch	LA Ink Hannah tattoos a mermaid. (N)		LA Ink Hannah tattoos a mermaid.	
	TNT	Law & Order "Paradigm"		Law & Order "Charity Case"		Cold Case "Volunteers" CC		Cold Case CC		Cold Case "Resolutions" CC		Cold Case "Late Returns" CC	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent "Watch"		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		★★ "50 First Dates" (2004) Adam Sandler, Drew Barrymore. CC			
	VHI	★★★ "8 Mile" (2002, Drama) Eminem. A Detroit man tries to achieve success as a rapper.					Show Us Tats	Rock of Love With Bret Michaels		Rock of Love With Bret Michaels		Hogan Knows	My Fair Brady
SPAN.	TELEM	Los Plateados	Noti-Telemndo	12 Corazones		Madre Luna		Victoria		Pecados Ajenos		Noti-Telemndo	Titulares y Mas
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Al Diablo con Los Guapos		Pasión		Aquí y Ahora		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC		College Basketball Michigan at Wisconsin. (Live) CC				College Basketball Tennessee at Kentucky. (Live) CC				SportsCenter (Live) CC	
	ESPN2	Tennis: Australian Open		NFL Live CC	Interruption	NBA Coast-to-Coast (Live) CC		Tennis Australian Open -- Men's and Women's Quarterfinals. From Melbourne, Australia. (Live) CC					
	CSN	SportsNite CC	SportsNite CC	College Basketball Wake Forest at Clemson. (Live)				Sport Science		SportsNite (Live) CC		Washington Post Live	
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight CC		CNN Election Center		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report CC		The Fox Report With Shepard Smith		The O'Reilly Factor CC		Hannity & Colmes CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball CC		Countdown With Keith Olbermann		Live With Dan Abrams		MSNBC Reports Long Beach, Calif.		Massacre at Closing Time	
MOVIES	AMC	★★★ "Blazing Saddles" (1974, Comedy) Cleavon Little, Gene Wilder. 'R'				★★★ "Rio Bravo" (1959, Western) John Wayne. A powerful rancher seeks his brother's release from prison. 'NR'						★★★ "The Comancheros" (1961)	
	TCM	(5:45) ★★★★ "The Quiet Man" (1952, Drama) John Wayne. 'NR' CC				★★★ "Park Row" (1952, Drama) Gene Evans. 'NR'			★★★★ "The Treasure of the Sierra Madre" (1948) Humphrey Bogart. 'NR'				(:45) Two Women
	HBO	★★ "Take the Lead" (2006, Musical) Antonio Banderas. 'PG-13' CC				★★ "Smokin' Aces" (2007, Action) Ben Affleck, Andy Garcia. 'R' CC				REAL Sports With Bryant Gumbel (N)		The Wire "Not for Attribution" CC	
	MAX	(4:45) King Ralph	★★★ "Galaxy Quest" (1999) Tim Allen. 'PG' CC			(:15) ★★★ "'Crocodile' Dundee" (1986) Paul Hogan. 'PG-13' CC				★ "The Texas Chainsaw Massacre: The Beginning" 'R'			Coed Confidential
	SHOW	(5:45) ★★ "The Out-of-Towners"		(:15) ★ "In the Mix" (2005) Usher Raymond. ITV. 'PG-13' CC				The L Word "Lady of the Lake" (ITV)		".45" (2006, Suspense) Milla Jovovich. ITV. 'R' CC			(:45) ★★ G 'R'
	TMC	(:15) ★★ "CrissCross" (1992, Drama) Goldie Hawn, Arliss Howard. 'R'				★★ "Art School Confidential" (2006) Max Minghella. 'R' CC				★ "A Night at the Roxbury" (1998) Will Ferrell. 'PG-13'			★ Kettle of Fish
	STARZ!	(5:00) Rush Hour	(:45) ★★★ "Tombstone" (1993, Western) Kurt Russell, Val Kilmer, Michael Biehn. 'R' CC					★★★ "The Pursuit of Happyness" (2006) Will Smith. 'PG-13' CC				Head Case CC	Head Case CC
	ENCORE	(5:35) ★★★★ "Rain Man" (1988) Dustin Hoffman, Tom Cruise. 'R' CC				★★ "Step Up" (2006) Channing Tatum. 'PG-13' CC			(:45) ★★ "When a Stranger Calls" (2006) Camilla Belle.			(:15) ★★ "The Program" (1993) 'R'	

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Do You Continue To Be Depressed?

NIMH is conducting a study comparing the effectiveness of a combination of antidepressants with the effectiveness of each antidepressant alone. Our hope is to find new medications for individuals who have never received treatment for depression or who have not responded to treatment in the past.

This is a 9-week outpatient or inpatient study conducted at the NIH Clinical Center in Bethesda, Maryland.

NIMH is seeking Participants:
- Ages 18-65
- Currently depressed

The study includes medical and psychiatric evaluations and research medication at no cost. Transportation reimbursement provided.

Atendemos pacientes de habla hispana.

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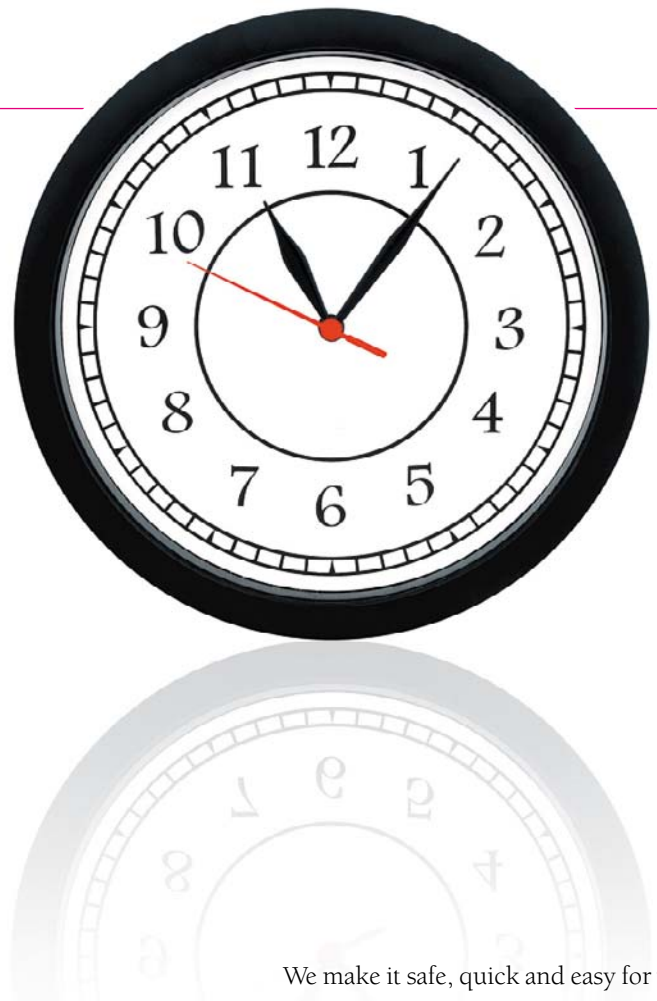

We make it safe, quick and easy for you to donate a unit of whole blood…and help save a life. In fact, once a unit of blood is separated into platelets, plasma and red cells, a single donor can actually help save 3 lives!

Research suggests that if another one percent of those who are eligible would become regular blood donors, we wouldn't have to worry about blood shortages. The basic eligibility requirements for donating blood are:

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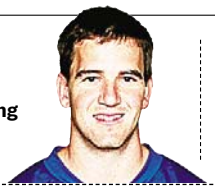
Inova Blood Donor Services, a not-for-profit hospital-based blood collection agency, provides blood and blood products to hospitals in Virginia, DC and Maryland.

"He said I'm past the point where he can give me advice anymore. He wants it the other way now." — **Giants QB Eli Manning** said his brother, Peyton, called him after Eli secured a trip to the Super Bowl.



Sports

In Brief

RICK STEVENS/AP

Lleyton Hewitt walks off the court after losing to third-seeded Novak Djokovic.

AUSTRALIAN OPEN

Exhausted Hewitt Falls In Straight Sets to Djokovic

Even a wide-awake Lleyton Hewitt would not have made a difference. Novak Djokovic ended Hewitt's 12th attempt at capturing his national title with a 7-5, 6-3, 6-3 fourth-round Australian Open win Monday. Trying to become the first Australian since Mark Edmondson in 1976 to win the Australian Open, an often surly Hewitt, who could have been feeling the effects of his four-hour, 45-minute all-nighter against Marcos Baghdatis that started Saturday at 11:47 p.m. local time, twice hit balls well into the bleachers. (AP)

COLLEGE HOOPS

Memphis Moves Up to No. 1

Memphis replaced North Carolina as the No. 1 team in college basketball Monday, the Tigers' first appearance in 25 years at the top of The Associated Press poll. Kansas, the nation's only other undefeated Division I men's team, moved up to No. 2 while the Tar Heels dropped to fifth after their loss to Maryland. Drake and Baylor were two new entries to the rankings, both joining the Top 25 for the first time in more than 30 years. (AP)

HOCKEY

Pens Put Crosby on the IR

Sidney Crosby was placed on injured reserve Monday, a move that allowed the Penguins to add an extra forward for their final two games before the All-Star break. Crosby injured his right ankle during the Penguins' 3-0 loss to Tampa Bay on Friday and is expected to be out at least a month and possibly longer. (AP)

Giants Built Super Team in Drafts

18 players drafted since 2004 play key roles for the NFC champions

SUPER BOWL | While the New England Patriots were picking up the likes of Randy Moss, Wes Welker, Adalius Thomas and Donte' Stallworth last offseason, Jerry Reese was sitting on his hands.

At least that's the impression the New York Giants' new general manager was giving to his team's fans and the loudest segment of the New York media as they groused about the lack of big-name signings — no one of import save Kawika Mitchell, who won a starting job at outside linebacker.

But New York's three-game run through the playoffs to the Super Bowl, indeed, their entire season, has been marked by major contributions from draft choices.

All eight members of this year's draft class remain on the roster, and 18 players drafted since 2004 are integral parts of the NFC champions, who avenged both of those opening losses in the postseason.

Overall, the Giants' success is the result of the kind of organizational continuity that brings success in most endeavors.

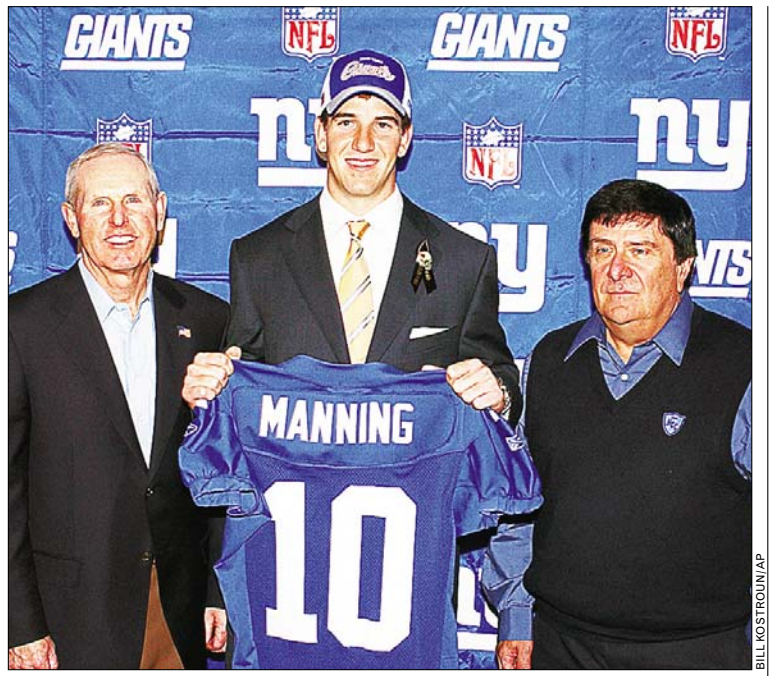
This latest success starts with Eli Manning, whose maturation in the last four games, starting with the 38-35 loss to unbeaten Super Bowl opponent New England in the regular-season finale, is a primary reason for the Giants' ascendance.

Technically, Manning is not a Giants draft choice, although he is counted in that 18 because of former GM Ernie Accorsi's dogged quest to obtain the quarterback.

With the next three picks in the 2004 draft, the Giants got guard Chris Snee, LB Reggie Torbor and safety Gibril Wilson, all of whom started in Sunday's NFC championship game victory in Green Bay and will start in the Super Bowl.

Even though the deal left New York with only four picks in 2005 — second, third, fourth and sixth — they ended up with about as good a parlay as anyone could get: They picked Corey Webster in the second round, Justin Tuck in round 3 and Brandon Jacobs in round 4.

DAVE GOLDBERG (AP)



BILL KOSTROUN/AP

Giants quarterback Eli Manning, center, is the most well-known member of New York's 2004 draft class, but 18 players drafted since '04 are integral parts of the team.

CONTINUED SUCCESS

Smart drafting by the Giants didn't stop in 2005. Here's a look at New York's '06 draft:

- CB Aaron Ross (round 1) has been a starter most of the year.
- Second-rounder Steve Smith is the team's third wide receiver.
- Fifth round selection, TE Kevin Boss, is now starting.
- RB Ahmad Bradshaw and safety Michael Johnson (both seventh-rounders) play key roles.

Seau Gets Second Chance at Title

When the Pats came calling, Junior couldn't refuse a chance to win

SUPER BOWL | Junior Seau didn't have to think long when Patriots coach Bill Belichick called and asked him to put the surfboard away for a few more years.

"He said, 'I've got a position for you,'" Seau said. "He didn't say, 'Would you like to come and play?' He said, 'I have a position for you.' ... That's the world champion coach calling a guy that had just gotten in surfing. I'm going to answer that call. I'm going to answer that call."

Because he did, Seau is going back to the Super Bowl for the first time since 1995, when he played (and lost) with his hometown Chargers. New England will play the New York Giants on Feb. 3 in Glendale, Ariz.

The Patriots have a chance at their fourth NFL title in seven years, but it would be the first of Seau's career.

CHRIS MCGRATH/GETTY IMAGES

Junior Seau, 39, will play in just his second Super Bowl two weeks from now.

"I don't care if you're a rookie or an 18-year vet — I don't care if you're a third-grader — all we ever want in life is a chance, just a chance," Seau said after he helped the Patriots beat San Diego 21-12 in Sunday's AFC title game. "Does that mean a chance to win the Super Bowl? No, a chance to win. And when you win often, it leads into greater things."

Seau, who turned 39 last week, was the fifth overall pick in the 1990 draft, playing 13 years with San Diego and making the Pro Bowl for 12 consecutive seasons. He had 11 tackles and a sack in the 1995 Super Bowl, but the San Francisco 49ers beat the Chargers 49-26.

"The first Super Bowl we went to, it didn't pan out the way we wanted it to," Seau said. "I took the scenic route to get here. I took the scenic route. But we played and experienced it together." JIMMY GOLEN (AP)

Dungy Decides To Stay in Indy For Another Year

NFL | Tony Dungy is sticking with the Colts.

The team said Monday that Dungy will remain in Indianapolis through at least the 2008 season before turning over the coaching to hand-picked successor Jim Caldwell.

Dungy, the first black coach to win a Super Bowl, spent a week meeting with his family, close friends and trusted colleagues while deciding whether to return for a seventh season with the Colts.

"It was a family decision," Dungy said. "We're on board, and we look forward to '08, look forward to putting together a winner."

It's the third straight year Dungy seriously considered retiring.

MICHAEL MAROT (AP)

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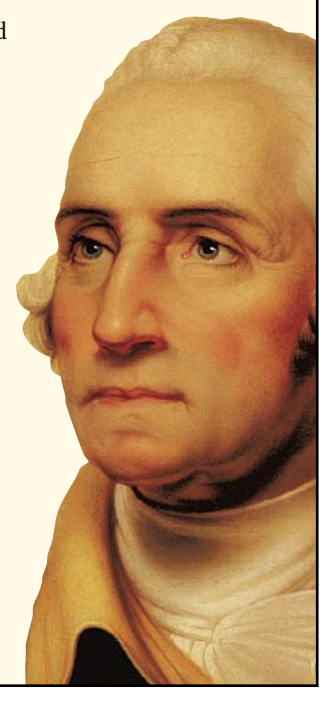

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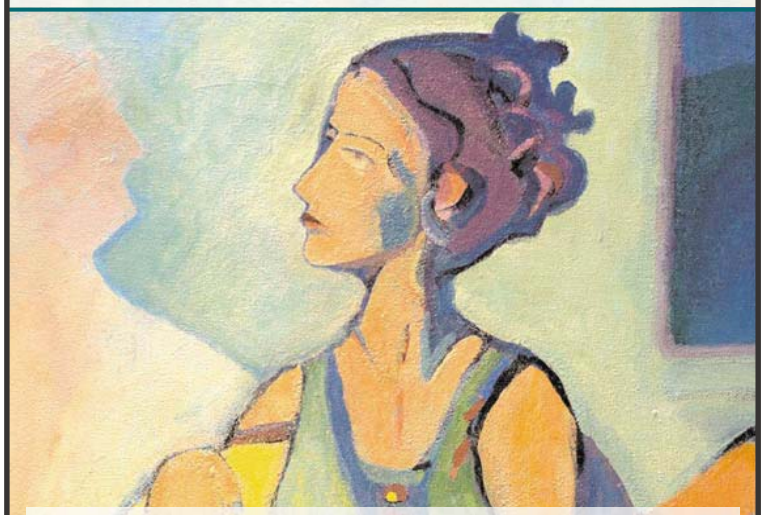

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ACROSS TOWN: Norm Chow, who tutored a pair of Heisman Trophy-winning QBs at USC, was hired by cross-town rival UCLA after the Tennessee Titans fired him.

Sports

HARAZN. GHANBARI/AP

Etan Thomas said he's waiting on the team doctors to say it's safe to practice.

Thomas Is 'On the Road' Back

Center rejoins Wizards months after having open-heart surgery

WIZARDS | Gilbert Arenas and Caron Butler did double takes the other day, unsure whether that really was Etan Thomas they saw walk by in the locker room.

Then the two All-Stars did what came naturally: They went over to welcome their Washington Wizards teammate with hugs, a little more than three months after he had open-heart surgery.

"It's good to be back. It was a long process," Thomas said Monday before sitting on the sideline in a three-piece suit and tie during Washington's win over the Mavericks. "But it definitely feels great just to be back with my teammates, to be back on the road to coming back to playing."

He showed up at practice Saturday to say hello and check in with everyone, although he still is waiting for team approval to return to action.

What neither Jordan nor Thomas would do is discuss a specific timetable for practicing or playing. As Thomas pointed out repeatedly Monday, it's not up to him; it's up to the Wizards' doctors to determine when he'll be able to do either of those.

"That was the first question I had: 'Can I safely play? Can I safely practice? Can I safely do all the things that I want to do in returning to the game that I love?' And they told me: 'Yes,'" Thomas said. "They told me that wouldn't be a problem." HOWARD FENDRICH (AP)

JONATHAN NEWTON/TWP

Dirk Nowitzki put up 21 points and 11 rebounds, but the Mavs shot just 41 percent.

With 'D,' Wizards Down Mavericks

Team has won 5 of its past 6 games, earns season sweep of Dallas

WIZARDS | Year after year, the Washington Wizards talk about playing better defense. Team defense. Tough defense.

Well, that day finally has arrived, it seems.

Caron Butler had 25 points and nine rebounds, Antawn Jamison added 23 points and eight rebounds, and Washington forced 16 turnovers and held Dallas to 41.3 percent shooting Monday in the Wizards' 102-84 victory over the Mavericks.

"We're being nastier and grittier defensively, and our concentration level is up defensively," Wizards coach Eddie Jordan said.

The attitude and the effort helped the Wizards, who have won five of their past six games, earn their first season sweep of the Mavericks since the 1996-97 season.

It also was the sixth time the 2007-08 Wizards have held an opponent under 85 points, something the club did not do once all of last season. Not surprisingly, Washington is 6-0 in those games.

"They've gotten a lot better defensively," Mavericks forward Dirk Nowitzki said. "They're trying to do the right things."

He did compile 21 points and 11 rebounds, and Josh Howard poured in 32 points. But only one other member of the Mavericks scored more than eight points.

"To win big games and get quality wins, you've got to play well at the defensive end," Butler said. (AP)

TODAY'S TV LINEUP

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) Michigan is at No. 11 Wisconsin and No. 3 Tennessee travels to Kentucky for a tough road test.

HOCKEY (7:30 P.M. ON VERSUS) It's probably rare for anyone in Washington to watch the Bruins and the Canadiens, but for those who want to, this is their chance.

TENNIS (3 P.M., 9 P.M. AND 3:30 A.M. ON ESPN2) The men's and women's quarterfinals get under way at the Australian Open.

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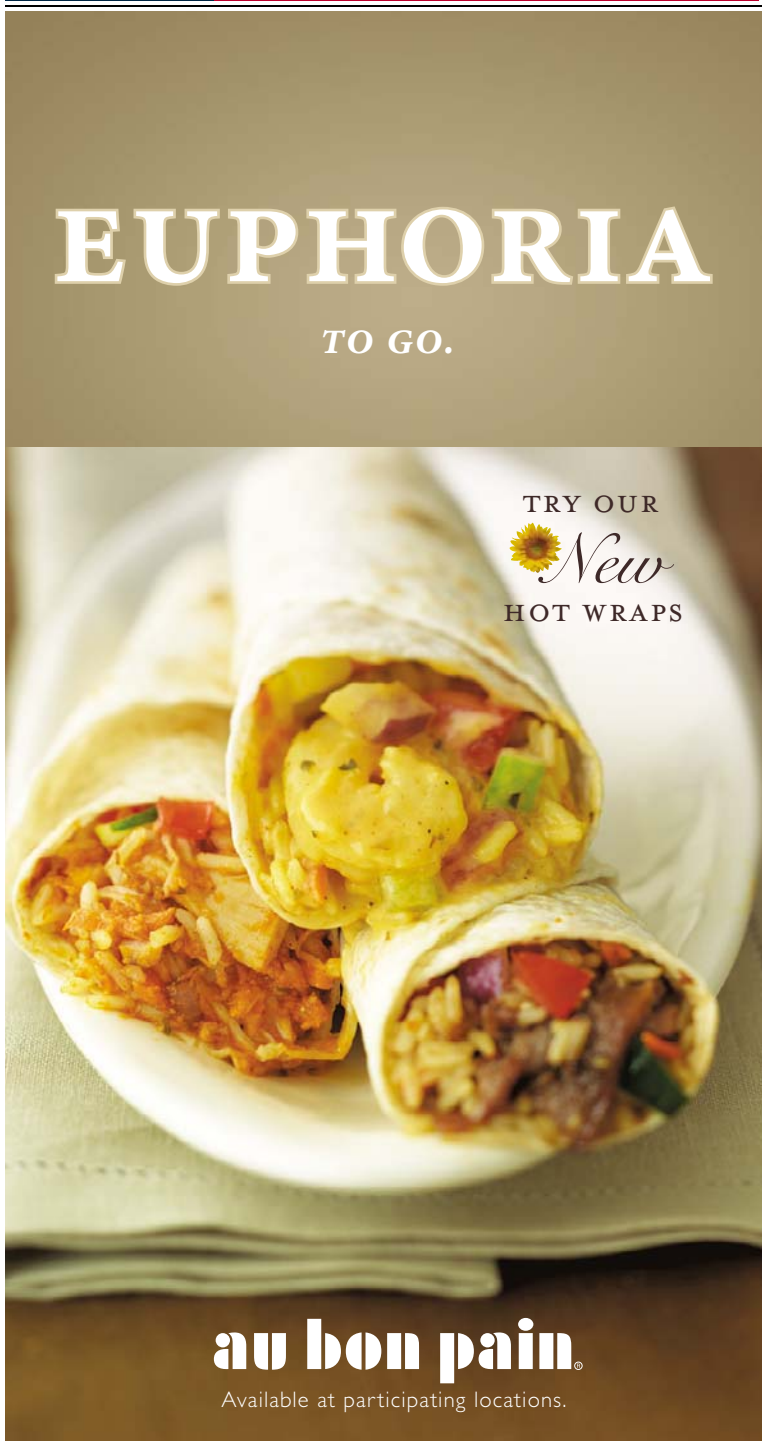

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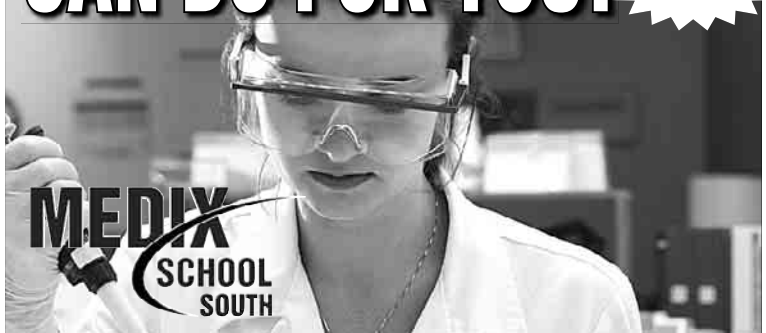

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INSIDE

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MICHAEL CONROY/AP

The Drug Name Game

Health

Choosing the perfect medicine moniker is not down to a science

Prozac. Viagra. Lipitor.

The names of these incredibly popular medicines don't have defined meanings. But millions of dollars are spent creating just the right sound and image.

Research shows that letters with a hard edge like P, T and K convey effectiveness. X seems scientific. L, R or S provides a calming or relaxing feel. Z means speed.

Research shows that letters with a hard edge like P, T and K convey effectiveness. X seems scientific. ... Z means speed.

Earlier this month, Indianapolis-based Eli Lilly and Co. came up with Effient as the name for its new heart drug. "I would call that a fairly bold name because Effient seems to be just a letter or two off from efficient," said Anthony Shore, global director of naming and writing at Landor Associates.

Drug companies often delve into a weird science that ties symbolism to letters or prefixes when they hunt for the next hot brand name. In the case of Prozac, the first syllable makes the speaker pucker up and push out a burst of air, which grabs attention and implies effectiveness, said Jim Singer, who is president of the branding firm Namebase and helped Lilly name the antidepressant.

The naming process isn't easy. Regulatory guidelines are becoming more restrictive, and the brand market is more crowded. More than 14,000 new drug names were filed last year with the U.S. Patent and Trademark Office, a 23 percent increase from 2003, according to Thomson CompuMark, a trademark research firm. The Food and Drug Administration now reviews between 300 and 400 names each year.

"It's getting almost impossible to do," said Bob Lee, trade counsel for Lilly.

The payoffs, however, can be huge. Global pharmaceutical sales totaled $643 billion in 2006, according to IMS Health, which tracks prescription information.

But before a new drug earns its first dollar, companies must find a brand that works in many languages, passes U.S. trademark and FDA reviews, and proves unique in the European Union's 27 countries.

It can cost $250,000 to $500,000 to create and test the name, then a couple million dollars more to shepherd it through trademark searches and regulatory reviews. The entire process can last up to three years.

Lilly's Lee said the hunt for the right brand generally starts with the company or a contractor drawing up a list of hundreds of possibilities. They try to keep the name within two or three syllables or under nine letters so people can remember it, said Scott Piergrossi, creative director for the firm Brand Institute Inc., which has tested thousands of drug brands.

"It can't be too intimidating in the look, the feel, the tone and the meaning itself to patients," said Brand Institute CEO James Dettore.

Lilly's brand for the erectile dysfunction drug Cialis is derived from ciel, the French word for sky. It provides a smooth, fluid sound that offers a sense of intimacy, said Landor's Shore. In contrast, Pfizer Inc.'s Viagra evokes the power of Niagara Falls. TOM MURPHY (AP)

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Technology

LinkedIn co-founder invests in, benefits from his relationships

Few Internet entrepreneurs practice what they preach as devoutly as LinkedIn Corp. co-founder Reid Hoffman, whose business revolves around his belief that good fortune flows from good relationships.

Hoffman, 40, has put that principle to work by mining his own vast network of Silicon Valley connections to rake in one Internet jackpot after another.

A college friendship led Hoffman to PayPal and his first windfall when eBay Inc. bought the online payment service for $1.5 billion in 2002. Since then, he has become even wealthier by investing in other Internet startups he discovered through friends and former colleagues.

Along the way, Hoffman also used some of his PayPal proceeds to help start LinkedIn, an online business-networking service that helps professionals like him realize the value of their contacts from the past and present.

TONY AVELAR/AP

Reid Hoffman is a co-founder of the professional networking Web site LinkedIn.

With more than 1 million people joining each month and projected 2008 revenue of $75 million to $100 million, LinkedIn Corp. seems likely to deliver another big payoff for Hoffman.

"LinkedIn is a great expression of who Reid is," said John Lilly, chief executive of the Firefox Web browser maker, Mozilla Corp., where Hoffman sits on the board of directors.

> "LinkedIn is a great expression of who Reid is. It's really his brain on the Web."
>
> **JOHN LILLY**, MOZILLA CORP.

"It's really his brain on the Web."

LinkedIn tries to help people who know each other more easily meet others who might help their careers. For example, if Mary and Bob are both part of Fred's online network, Mary could ask Fred for a referral to Bob, who could then decide whether he wanted a new relationship with Mary.

LinkedIn's focus on professional networking distinguishes it from social playgrounds like Facebook and News Corp.'s MySpace, where users are encouraged to share their personal lives.

Although it may not sound as fun, LinkedIn appears to be thriving. About 18 million people now have profiles on the site, roughly twice as many as a year ago.

Hoffman, who remains LinkedIn's chairman and largest shareholder five years after starting the company, said the Mountain View, Calif.-based company will probably file for an initial public offering of stock before 2010 if he isn't first tempted to sell to one of the suitors that have inquired about buying LinkedIn. Hoffman wouldn't identify the suitors.

"I know we are going to be much more valuable in a year or two," Hoffman said.

Nonetheless, LinkedIn has its share of detractors, who see it as little more than a tool for job hunters and employment recruiters, a slightly different twist on online help-wanted services like Monster.com. Besides selling ads, the site lets employment recruiters and others pay for expanded access to LinkedIn members.

LinkedIn so far hasn't generated the same kind of buzz as Facebook Inc. Hoffman happens to have a stake in Facebook, underscoring his knack for identifying promising Internet opportunities in their early stages.

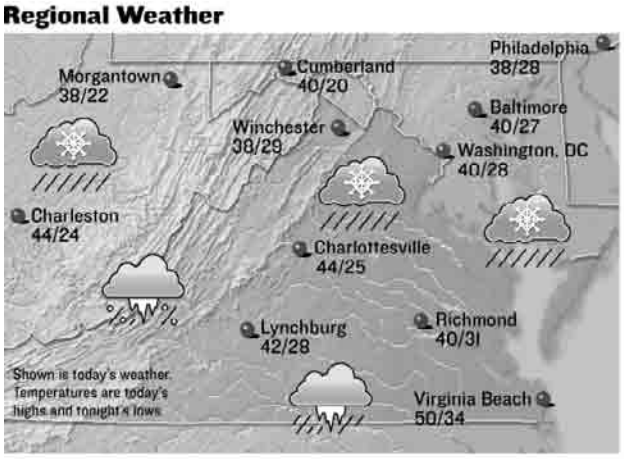
"It's like he is able to look at the Internet and figure out where all the pieces fit together," said Mark Kvamme, a member of LinkedIn's board of directors.

MICHAEL LIEDTKE (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Cloudy, some wet snow, rain	Decreasingly cloudy	Mostly sunny	Partly sunny, breezy, cold	Mostly sunny, cold	Increasingly cloudy
40°	28°	39° / 23°	36° / 17°	34° / 21°	45° / 31°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	32°
Low	18°
Normal high	42°
Normal low	27°
Average humidity	26%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.31"
Normal month to date	2.21"
Year to date	1.31"
Last year to date	2.39"
Normal year to date	2.21"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

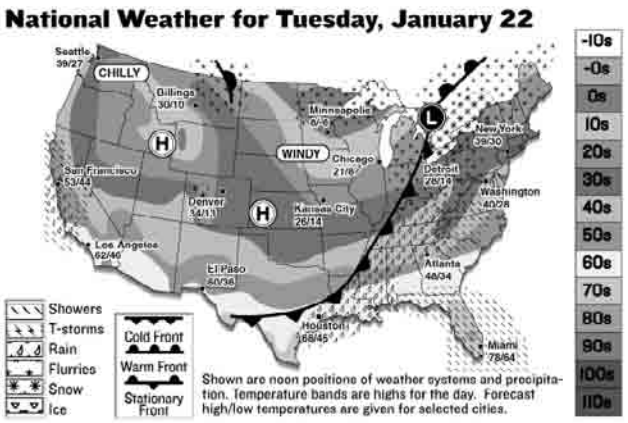
D.C. Metro: Today, mostly cloudy, periods of wet snow and rain, little or no snow accumulation. High 40. Wind south-southwest 8-16 mph.

Sun and Moon

Sunrise today	7:22 a.m.
Sunset tonight	5:17 p.m.
Moonrise today	5:33 p.m.
Moonset today	7:36 a.m.

Full	Last	New	First
Jan 22	Jan 30	Feb 6	Feb 13

National Weather for Tuesday, January 22



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	48/34/i	49/28/pc
Boston	37/29/sn	36/21/s
Chicago	21/8/pc	16/0/sf
Dallas	52/27/c	51/28/pc
Denver	34/13/s	32/9/pc
Honolulu	80/69/s	79/67/pc
Los Angeles	62/46/c	63/48/pc
Miami	78/64/sh	80/65/pc
New York City	39/30/c	35/23/s
Orlando	77/56/sh	77/54/c
Seattle	39/27/s	41/29/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	46/39/pc	45/41/r
Athens	63/49/pc	59/49/r
Berlin	41/28/pc	37/31/c
Buenos Aires	88/70/pc	86/70/s
Calgary	32/10/pc	32/16/pc
Dublin	50/43/r	52/39/r
Geneva	44/27/r	41/40/pc
Moscow	27/23/sn	25/17/sn
Rome	56/37/c	53/36/s
Sydney	71/61/pc	72/63/s
Tokyo	44/39/pc	47/36/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

MARCIO JOSE SANCHEZ/AP

SAVORY STYLE: Monica Reed works on pieces for the William Good fashion line in San Francisco. They'll be sold online and in nearby stores to reduce CO2 emissions.

Thrifty Threads

Designers dig recycled frocks, organic cotton

In a workshop in San Francisco's Mission District, Ally Beran's team of fashion designers is sprawled out over buttons and spools of thread, hoping to stem global warming by stitching new outfits from thrift store finds.

A brown lace applique from a scrap bin could make last year's castoff cashmere pop, Beran muses.

Designers of sustainable fashion are not only dominating New York catwalks and urban boutique racks this winter, but many also are providing farmers with new markets for their crops.

As with the movement for locally harvested food, eco-fashion's devotees seek to lower their toll on Earth by buying clothes made of recycled materials and sustainably harvested, homegrown fibers.

This year, American Apparel and yoga-gear retailer prAna will sell shirts spun with cotton grown in California's Central Valley and sewn just a few hours away, in Southern California, to avoid burning fossil fuels in material transport.

Beran's creations, marketed under the name William Good — an anagram of the company's business partner, Goodwill Industries — are sold only online and in stores near San Francisco, also to reduce their carbon footprint.

Last summer, New York's Rag & Bone hired supermodel Shalom Harlow as the face for its line of filmy "carbon free" T-shirts, which were manufactured domestically in a process that required no greenhouse gas emissions.

For farmer Frank Williams, the new interest in locally grown, organic cotton has meant he's had to learn how to talk about thread count and women's skirt lengths with the ecologically minded crowd that tours his fields near Fresno.

"These fibers are among the best organic in the world," Williams said as he led a group of fashion executives from China, Sweden and New York through rows of billowy cotton. "With the right diameter, length and strength, you can really spin the finest yarns that you want."

Farmers in the United States grow a small portion of the organic cotton used by the apparel industry, which still sources out most of its fibers overseas in countries like Turkey where labor and production costs are cheaper. The market is clearly booming, however: The nonprofit Organic Exchange predicts that sales of organic cotton fiber will reach $226 million by 2009, up from about $19 million in 2004.

> "These fibers are among the best organic in the world."
>
> **FRANK WILLIAMS**, FARMER

As more companies seek to build a greener supply chain, American farmers hope for more demand of domestic crops. GARANCE BURKE (AP)

Beauty

Nail Your Wedding

On the big day, most brides are a bundle of nerves — whether it's worrying about doing a faceplant in the aisle, or keeping karaoke-crazed Aunt Polly away from the microphone. At least Brides magazine and Sally Hansen have teamed up to dispel one potential wedding day wrinkle: the chipped nail. The **JUST ENGAGED! COLLECTION** ($5, CVS) comes in eight delicate hues with romantically cheesy names from the pail pink "Sealed With a Kiss" to a shimmering pearl "Sheer Magic." A couple quick-drying coats and you're good to go. KRIS CORONADO (EXPRESS)

Fashion

After This Photo, Her Head Doubled in Size

Fashion is always abuzz about the next "it" girl. Unsurprisingly, 28 years after its inception, the Ford Supermodel of the World competition is still going strong. Fifty finalists competed in New York recently for a $250,000 contract with the agency. The show kicked off with the models taking turns walking down the runway wearing two looks. The winner was Korea's Seung-hyun Kang. (FASHION WIRE DAILY)

Look out Online

readexpress.com

site specifics

BOOKS

Real Chick-Lit

Co-authors Kimberly Yorio and Caitlin Friedman will be at Olsson's Crystal City Tuesday to discuss their latest book, "The Girl's Guide to Kicking Your Career Into Gear." Express contributor Rachel Kaufman talked with Yorio about her atypical guidebooks. | ONLINE NOW

FREE RIDE

The Object of Our Desire

It's official: Nesting mania has taken over the U.S. It's a condition Newsweek writer Daniel McGinn examines in his new book, "House Lust: America's Obsession With Our Homes." Express' Jennifer Barger spoke with McGinn about the fantasies and realities of real estate. | ONLINE NOW

STYLES

Beauty Queen Confessions

What happens when you stick a bunch of Miss America contestants in one house and let the cameras roll? Not what you'd expect, according to reigning tiara-wearer Lauren Nelson, who spoke with Express about her role on TLC's new show "Miss America Reality Check." | ONLINE NOW

comment board

"Considering at least half the people in D.C. moved here from states that don't get snow, I think the answer is pretty obvious."

COMMENTER [NAME], WHO ADDED, "PERHAPS IT SHOULD BE A REQUIREMENT TO GET A LICENSE IN THE AREA, TO PROVE YOU CAN DRIVE IN ADVERSE WEATHER."

"The only people who know how to drive well in the snow here are the good drivers who either learned how to drive in the area or any point northward."

COMMENTER JEA, WHO ADDED, "THEY'LL NEVER LEARN — THE D.C. METRO AREA IS TOO TRANSIENT A PLACE."

"It doesn't really matter whether the majority of us are competent when driving in the snow. It's that small percentage of people who are clueless that will always cause the problems."

COMMENTER MFERGUSON, RESPONDING TO FRIDAY'S POLL CENTER QUESTION, "WILL DRIVERS IN THE D.C. AREA EVER LEARN HOW TO DRIVE SAFELY IN A SNOWSTORM?"

poll center

YESTERDAY'S RESULTS (AS OF 5 P.M.)

WILL DRIVERS IN THE D.C. AREA EVER LEARN HOW TO DRIVE SAFELY IN A SNOWSTORM?

96% NO

4% YES

SEE HOW YOUR METRO STATION VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

Blog LOG

"The monster shows up. Buildings get knocked down. People die gruesome deaths. What more can you reasonably ask for?"

THEDCUNIVERSE.BLOGSPOT.COM TAKES A REALISTIC STANDPOINT ON THE MOVIE "CLOVERFIELD," ADDING, "IT MAY NOT BE THE BEST THING EVER MADE, [BUT] IT'S STILL A FUN RIDE."

AP

"If Dr. Martin Luther King Jr. had not been killed ... do you think the civil rights movement would have progressed as it did?"

CREOLEINDC.TYPEPAD.COM OFFERS AN INTERESTING QUESTION ON THE NATIONAL HOLIDAY, WHILE A COMMENTER ADDED, "IT ALWAYS TAKES SOMETHING TRAGIC TO BRING ABOUT CHANGE."

"AM I THE ONLY ONE offended to hear about [Marting Luther] King Day furniture sales and club parties?"

THEBEAUTIFULSTRUGGLER.BLOGSPOT.COM IS UNEASY ABOUT THE USE OF THE CIVIL RIGHTS LEADER'S BIRTHDAY AS A MARKETING TOOL, ADDING, "I HOPE HE CAN'T SEE HIS BOULEVARDS."

"MAYBE WE COULD have a culture where our friends and family learn to love us for who we are and how we choose to express ourselves and complete strangers from television stay the hell out of it."

KITTENSWITHMITTENS.BLOGSPOT.COM IS NOT A FAN OF TLC'S "WHAT NOT TO WEAR," ADDING, "IT IS AN EVIL, EVIL SHOW."

"A CLEAN-SHAVEN white boy gets some strange looks from the Keno and scratch-off crowd while loading 10 forties onto the counter at the local Korean-owned liquor store."

MOUNDALEXIS.COM WAS WELL PREPARED FOR HIS MALT LIQUOR TASTING PARTY, ADDING, "WHETHER IT WAS RACIAL PROFILING OR SHEER FASCINATION, I'M NOT [QUITE] SURE."

Discussions

Stimulus Program

PHILLIP SWAGEL, assistant secretary for economic policy at the Treasury Department, was online Friday to discuss the president's economic stimulus program to avert an economic turndown.

Has the Treasury Department made a recommendation on a range of what rebate checks should be in order to effectively create an economic stimulus?

President Bush directed Secretary Paulson to work with Congress to come up with a proposal. There's bipartisan agreement that fiscal policy can be helpful now to support the economy and sustain investment and consumer spending. The secretary will be working closely with the bipartisan leadership on the Hill to figure out the details.

I hear it said that consumers are the key to the economy. With tax rebates, do you think they will go out and buy, or will they save their money for fear that the worst is yet to come?

Personal consumption is roughly 70 percent of the economy, so the behavior of consumers is key. The experience of 2001 and 2003 suggests that people will spend a good part of their rebate checks. It's always hard to know what will happen over the horizon, but the past suggests that timely tax relief will help bolster consumer spending.

Will this tax rebate money be enough to stimulate the sections of the economy that need it in the credit and housing crunch?

Tax relief will boost overall spending and help support the broad economy while housing and credit markets adjust. There's no way to quickly undo problems in the housing and

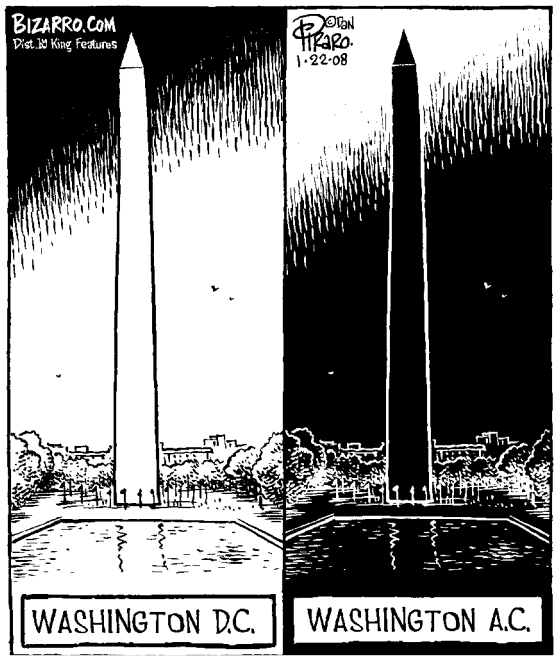
TODAY ON DISCUSSIONS: The Post's Doug Struck will discuss the potential for technology to make a difference in slowing climate change at 1 p.m. | **washingtonpost.com/discussions.**

DO

USE 911 FOR ALL POLICE CALLS, NOT JUST EMERGENCIES. Starting this week, D.C. officials will ask residents to call 911 anytime they need a response from the police or the fire department. That includes things like noise complaints or a car blocking a driveway, previously handled by dialing 311.

Look out

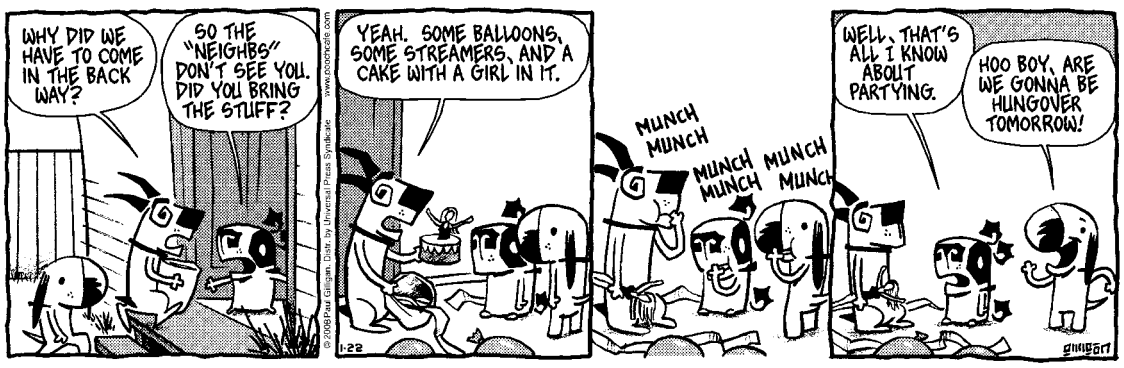
Bizarro | *Dan Piraro*



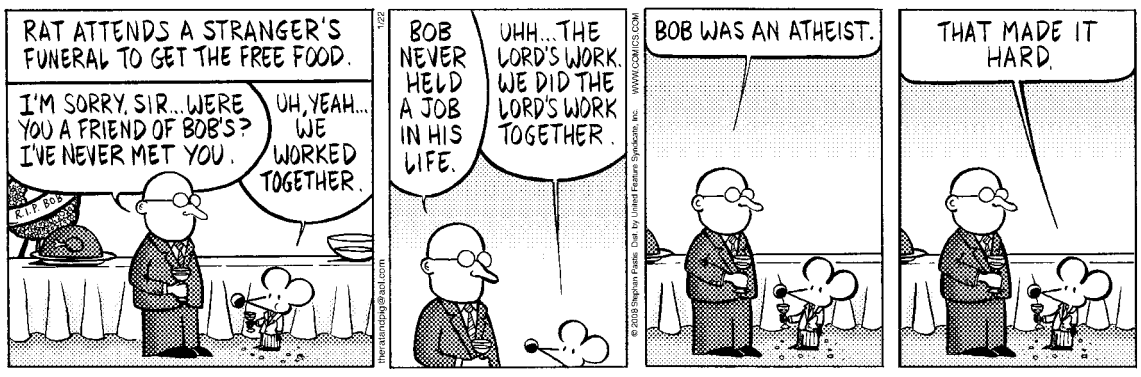
Cornered | *Mike Baldwin*

"Are you sure you saw my client do it? Let me remind you, it takes one to know one."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

AQUARIUS (Jan. 20-Feb. 18) Decorum and propriety are not to be abandoned for any reason. Dress what is right, say what is right, do what is right.

PISCES (Feb. 19-March 20) Make no attempts to boss people around. Go about your business in a quiet, unassuming manner and you'll attract admirers.

ARIES (March 21-April 19) Take the initiative and you can be doing exactly what you want, where you want, by day's end. You may have to make a small sacrifice first.

TAURUS (April 20-May 20) This is a good day for striving for something entirely new. Those things that are out of reach are likely to be most attractive to you.

GEMINI (May 21-June 20) You will be energized by the anticipation of a new and exciting project that looms on the horizon. Be sure to prepare as fully as possible.

CANCER (June 21-July 22) You'll receive the "scoop" about someone who could prove a competitor before you know it.

LEO (July 23-Aug. 22) Make sure that things don't get too intellectual. You must be willing to trust your instincts, and give your emotions more free rein.

VIRGO (Aug. 23-Sept. 22) Something disturbing may have you reassessing certain situations with which you have recently become quite familiar. A change is in the offing.

LIBRA (Sept. 23-Oct. 22) Take care that you don't get so caught up in the hype surrounding your endeavor that you begin to believe your own press and lose touch with reality.

SCORPIO (Oct. 23-Nov. 21) The time is right for you to put your thoughts into words, and spread your ideas far and wide. How to begin? Big things start in small ways.

SAGITTARIUS (Nov. 22-Dec. 21) You may come to one or two conclusions that are exactly accurate; they will lead you to more information that you sorely need.

CAPRICORN (Dec. 22-Jan. 19) You may feel as though something is somehow slipping away, but the fact is that you are actually progressing and leaving inexperience behind.

Letters

'Big Girls' Rarely Represented

WHILE I APPRECIATE Express' recent "Chic at Any Size" (Styles, Jan. 18) attempt, I feel it is too little, too late. As the introductory blurb notes, the average U.S. woman is a size 14. Every week, Express has a fashion feature, and only twice in two years have I seen the "average" woman been represented by the models or the fashion selections. I am further perturbed by the declaration, "many of the best designs come from ... Old Navy, Torrid and even Target." Do you honestly mean to tell me there are no high-end fashion stores in the entire D.C. area that carry larger sizes? Are "big girls" relegated to shopping online?

—ALISON SENGER
Alexandria, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1901 Britain's Queen Victoria dies at age 81.

1905 Thousands of demonstrating Russian workers are fired on by Imperial army troops in St. Petersburg on what would later become known as "Bloody Sunday."

1917 President Woodrow Wilson pleads for an end to war in Europe, calling for "peace without victory." (By April, however, America also was at war.)

1922 Pope Benedict XV dies; He was succeeded by Pius XI.

1973 The U.S. Supreme Court, in its Roe v. Wade decision, legalizes abortions using a trimester approach.

1973 Former President Lyndon Johnson dies at age 64.

1998 Theodore Kaczynski pleads guilty in Sacramento, Calif., to being the Unabomber in return for a sentence of life in prison without parole.

PostPoints DAILY CODE KV

Look out | People

FREDERICK BROWN/GETTY IMAGES

"Awww, Dillon, you're the best!" "Daniel, I'm Paul Thomas Anderson. I'm 37."

RUINED

Stroke the Ego, Spoil the Child Actor

Even though his 10-year-old costar was new to acting, **DANIEL DAY-LEWIS** said he didn't need to adjust his style while filming "There Will Be Blood." "No difference, but it certainly would very much depend upon the 10-year-old. And this was just a remarkable young person," Day-Lewis told Newsweek. "He was just a great companion. He was my partner. I miss him a lot, actually." Dillon Freasier stars as the young son of a California oil baron in the early 20th century. (AP)

AP

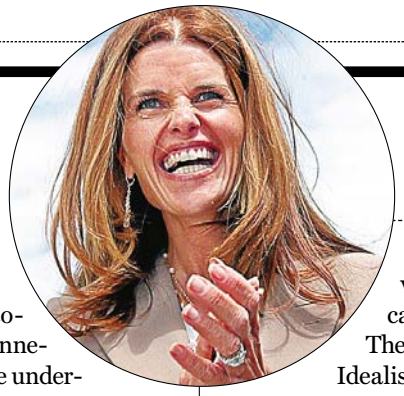
WE KNEW YOU WELL

Goodbye, Dour, Overused Mug Shot

KIEFER SUTHERLAND was released from a Glendale, Calif., jail early Monday after serving 48 days on a drunken-driving charge. He spent most of his sentence alone, interacting with fellow prisoners only on the way to the laundry room where he worked. (AP)

PUNISHMENT

'Forget I'm A Kennedy Again, and I'll Make a Miniseries'



And she wondered why she failed at falconry.

There are few stories about the Kennedy family that are untold. **MARIA SHRIVER** thinks she has one. It's about her dad. California's first lady has produced a documentary about Sargent Shriver, the Kennedy in-law who helped create 1960s era programs such as the Peace Corps and Head Start, and was the Democratic vice presidential candidate in 1972. The film, "American Idealist," debuts Monday night on PBS. His daughter believes few people remember or are even aware of her father's role in American history. "A lot of people just focused on Uncle Jack or on Uncle Bobby, or they focused on Lyndon Johnson," she said. (AP)

DIANE BONDAREFF/AP

Just like old times: bloated and saggy.

SYMBOLS

Women Way Too Old for Manhattans Sigh Wearily

"Sex and the City" and "Law & Order" star **CHRIS NOTH** and longtime girlfriend Tara Wilson have welcomed a son, People.com reported Sunday. Orion Christopher Noth was born in Los Angeles on Friday, and weighed 7 pounds, 10 ounces. Mother and baby are reportedly doing well. Noth will appear this year in the independent drama "Frame of Mind," in which Wilson has a supporting role. (AP)

Mahatma Gandhi
Human Rights Leader
(1869-1948)

Amelia Earhart
American Aviator
(1897-Declared Deceased 1939)

Peter Gardiner
Vaccine Trial Participant
(Present Day)

You don't have to free a nation or set a world record to be an **everyday hero.**

Help researchers develop potentially lifesaving vaccines for HIV, Ebola, flu, and other infectious diseases. There is no risk of becoming infected with a virus from a vaccine, and you are paid for your participation. Ultimately, volunteering a small amount of your time in a vaccine clinical research trial could help to prevent a pandemic. And that's amazing no matter who you are.

To be a **Vaccine Trial Volunteer**, call 1-866-833-LIFE, TTY 866-411-1010, or visit www.vrc.nih.gov

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NATIONAL INSTITUTES OF HEALTH • U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

A NEW YEAR, A NEW YOU.

Want to Quit Smoking? Give Research a Try!

Volunteer Now!

for a new, non-nicotine patch for quitting smoking.

The Center for Health Behavior Research at the **University of Maryland College Park School of Public Health**, under the direction of Elbert D. Glover, Ph.D., is conducting a research study of an FDA-approved medication (not yet approved for smoking) that may help people stop smoking.

Participants will receive at no cost:
- Individual smoking cessation counseling
- Physical exams and laboratory assessments
- FDA approved medication (not yet for smoking) or placebo

To participate you must:
- Be a heavy smoker who smoked daily for the past 5 years
- Be 18 or older
- Willing to comply with study requirements

You will also be reimbursed for time and travel.

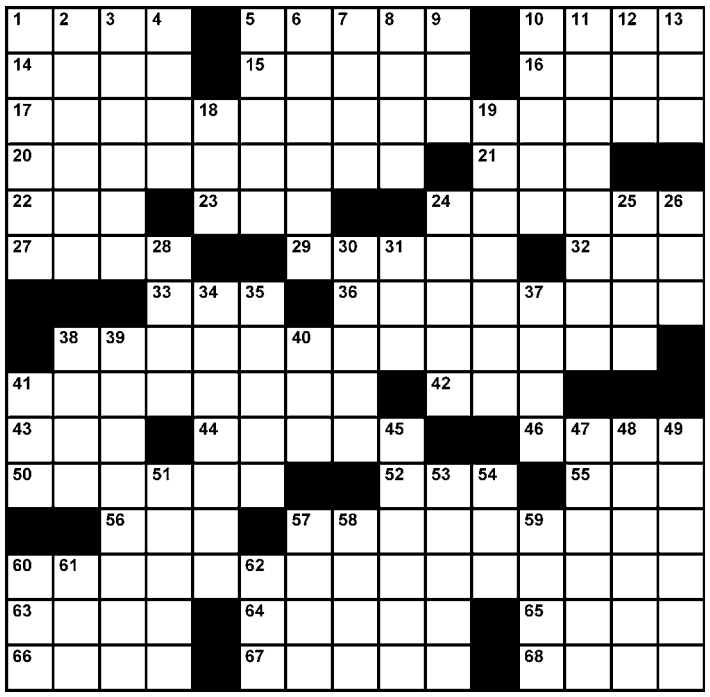
To volunteer, call Jessica M. Rath, PhD:
301-405-0128

Study sponsored by the National Institute of Health and the U.S. Department of Veterans Affairs

LOOK out

CROSSWORD | LOW COUNT

EDITED BY TIMOTHY E. PARKER



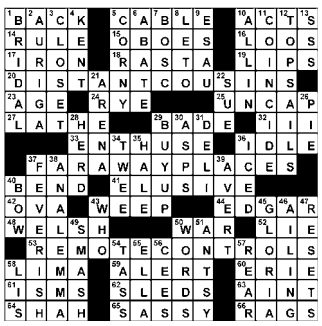
ACROSS

1 Coterie components
5 Prepares water for JELL-O
10 Ax relative
14 Its motto is "Industry"
15 Court demand
16 "Don't ___ on me" (debtor's motto?)
17 Place in the news, March 1979
20 Some U.K. youths of the '50s
21 Machine gear
22 Abilene-to-Fort Worth dir.
23 "Electric" fish
24 "Stop bothering me!"
27 British peer
29 Internet messages
32 Burnsian refusal
33 Frequently, in poetry
36 Give a ballpark figure
38 They make one taller
41 Widespread epidemic
42 Slice of history
43 A little jerk?
44 Bloom part
46 Bear head, once
50 Hebrew alphabet starters
52 "___ be darned!"
55 Balance beam gripper
56 "Lorenzo's ___" (1992)
57 Disintegrate
60 Minimal gridiron infraction
63 One of the Waughs
64 Turned over, as property
65 Give it up, so to speak
66 Dull fellow
67 Doctor's orders, often
68 Being, in philosophy

DOWN

1 Leg wrap for soldiers
2 Goddess of war
3 Pantry
4 Backyard building
5 Cold, molded dessert
6 Bird on a baseball cap
7 Lazily
8 Dregs from wine fermentation
9 ___ Lanka
10 Cast iron, e.g.
11 Like a northeast-to-southwest line
12 "___ and the Art of Motorcycle Maintenance"
13 Kind of user
18 CBS logo
19 More covered, as fish and reptiles
24 Very flexible
25 "Blueberry Hill" singer Domino
26 Agent's cut, e.g.
28 Garish, as attire
30 Islamic center
31 Burning remnant
34 Anew
35 "... a thousand ___ no!"
37 Butcher's stock
38 Flunk
39 Cursory inspection
40 Bite gently
41 School's booster org.
45 Mollusk with a low conical shell
47 They're at the horse track
48 Cardiologists' concerns
49 Reclassify
51 Magazine article
53 Yorkshire's largest city
54 Office PC linkup
57 Indigenous Canadian
58 Toteboard tally
59 Exhibit nervousness
60 Beatles descriptive
61 1969 Peace Prize grp.
62 Take measures

Friday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

			4				1	3
				5				
				8	3	7	9	
	1		3			6		
5		2				9		8
		4			7		3	
	9	8	1	3				
				4				
1	7				9			

Friday's Solution

6	7	8	1	9	3	2	5	4
4	5	1	2	6	7	9	3	8
2	3	9	4	5	8	7	6	1
8	1	7	9	2	5	6	4	3
5	2	6	8	3	4	1	7	9
9	4	3	7	1	6	5	8	2
7	8	2	6	4	1	3	9	5
3	9	4	5	7	2	8	1	6
1	6	5	3	8	9	4	2	7

express

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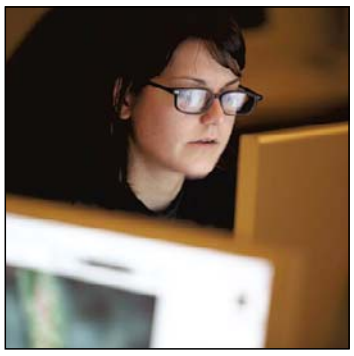

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If a pro wrestler can do yoga, so can any dude E7

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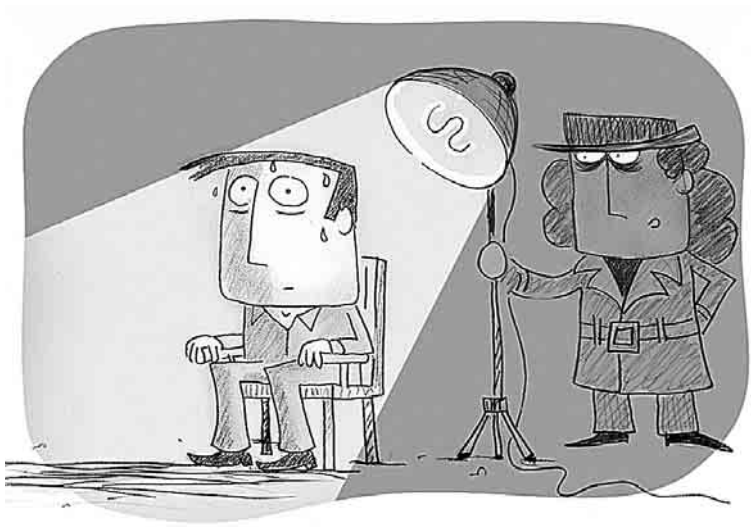
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

The Case of The Girlfriend Gone Crazy

Q Today I found a woman's scarf and a hotel key holder in my boyfriend's car. The scarf, he said, was his aunt's, but I'm too scared to ask him about the key holder. All weekend he has basically been MIA. He said he was at the hospital because his cousin got into an accident with the cousin's girlfriend. But a week ago, my boyfriend told me he had to drive his cousin to work because the girlfriend didn't have a car to get to her doctor's appointment and now she mysteriously gets a car and gets into an accident! I don't know what to do. I want to talk to him about it, but I don't know how to go about it. I'm the type to hold things in until I can't take it anymore. Do you have any advice for me and this situation? — IN LOVE AND SCARED

Yup — don't hold things in until you can't take it anymore!



"OK, Doug, let's go through your 'story' one more time."

ERIC REECE

Whenever someone has concerns about a mate that are eating inside at them — from a deodorant that's not doing its job to fears that one's husband is MacGyver — the right path is almost always to start a conversation about it — pronto. Playing investigative reporter and gathering details about aunts and cars and scarves is only going to get you so far — you'll still be left like someone reading Sartre for the first time, constantly asking what it all means.

It's high time to be more direct and to tell him that some of what he has said doesn't seem to make sense to you and that you need some clarity. Don't make it seem like you already have decided what's happening — after all, there's a chance that even if he's not telling the whole truth, he's still not cheating.

Bonus points if you can come off as patient but confused, rather than suspicious and short-tempered. Above all, do more listening than talking and more "I'm wondering" than accusing. Making him defensive from the get-go will only screw up your inner lie detector.

Two Months Or 10 Years?

Q My husband's mother is going to be staying with us for two months this spring. Two months! She is increasingly having health problems, and the rest of his family lives on the West Coast. I'm worried that this is a slippery slope and that she'll live with us permanently after a while. She and I have never gotten along that well, and I don't want to be an ungrateful daughter-in-law, but I also want the expectations here spelled out. — WHAT A HEADACHE

The decision to have her stay with you, presumably, was a joint one. Ideally, the nuances of what her two-month stay might mean would have been sorted out when you agreed to play Happy Hostess, as you're right in that two months could easily turn into two years. (Look what happened to Gilligan — and that tour was just three hours!)

Sit the hubby down and be honest about your need for some boundaries — but realize that with all the hypotheticals involved when it comes to health problems, especially the health problems of the woman who raised the man you fell in love with, a cut-and-dried eviction date wouldn't make much sense.

That's why it's better to address the larger question of what your husband sees as his role in this part of his mom's life, and how he sees that mixing with the life he's built with you — oil and water, or a nice vinaigrette? The more you can meet in the middle, the more harmony for everyone involved.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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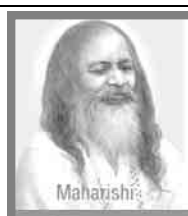

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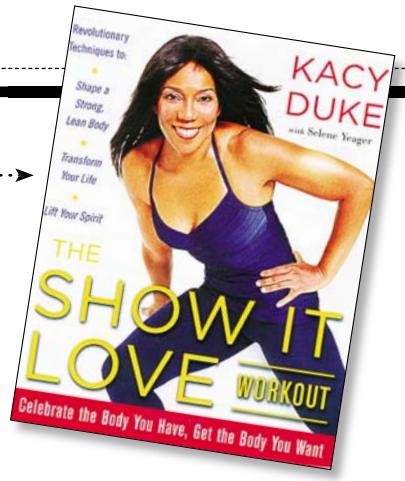
Goods | fit

TOUGH LOVE

You think you've tried every possible way to lose weight, but have you thanked your fanny? That's the first step of Kacy Duke's "The Show It Love Workout" ($25, McGraw-Hill). The celeb trainer emphasizes the mental aspect of exercise with clients like Denzel Washington — but, of course, she demonstrates sculpting moves, too.



THE GOOD SEED

Anyone nicknamed "Brace Face" should be wary of Kim & Scott's Empowered Pretzel ($2.79, Kimandscotts.com), a whole-grain twist drowning in sunflower, flax and sesame seeds. But if you have some floss on hand, the hearty baked goodness makes for a filling midday snack.

FANCY PANTS

Adams Morganite Liz Matthews didn't adore any of her yoga pants, so she designed her own — Even Keel (Evenkeelyoga.com). Check out her line, including the Glam Gurus ($78, pictured), at a trunk show at Caramel (1603 U St. NW) this Saturday (10 a.m. to 2 p.m.).

GREEN HOUSE

Toxic fumes aren't a valid excuse for skipping your cleaning chores anymore — Clorox has leapt onto the eco-friendly bandwagon with products derived from coconuts and lemon oil. The Green Works goodies ($2.99-$3.29, mass retailers) promise to be non-allergenic and biodegradable.

GUINEA PIG

Lips Are Sealed

■ To keep you from biting your nails, there's nasty-tasting polish. But to keep you from overeating, there's a new weapon: gloop that smells like a Jolly Rancher.

A collaboration between FUZE (a beverage company) and Too Faced (a cosmetics manufacturer) has resulted in FUZE Slenderize Guilt Free Gloss ($18.50, Sephora). It comes in three "flavors" — Dragonfruit Lime, Strawberry Melon and Blueberry Raspberry. But while they're quite fragrant ("like shampoo," noted a tester), licking your lips provides no taste bud reaction whatsoever. This is perhaps part of the plan, because the tubes are infused with energizing ingredients and Super Citrimax, which is supposed to suppress the appetite.

Our test may have been skewed; the gloss arrived on the same day as some chocolate. The Dragonfruit Lime never had a chance. But it could still work for y'all. See the placebo story on page E11.

VICKY HALLETT (EXPRESS)

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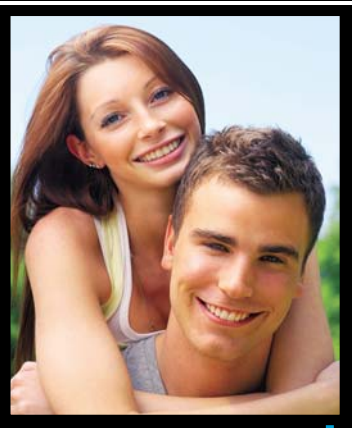

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THE MISFITS

Clock Watching

Q I am a 30-year-old woman who has gained a significant amount of weight and been very sedentary. So, I just bought a recumbent bike for my house. Any advice on the best way to use it? I was thinking about doing 20 minutes in the morning and then 20 minutes again in the afternoon or evening. Or should I do 40 minutes all at once? Is there a "best" time? — ANONYMOUS

■ I assume you have the sitting and pedaling part down, right? For the more complicated stuff, I tapped the genius of Gia-Ninh Chuang, exercise director for the soon-to-open Tysons Equinox.

"A lot of people burn out when they're too gung-ho," warns Chuang, who supports the 40-minute idea. There's nothing wrong with splitting up the exercise, and the benefits should be exactly the same, but if you're new to the exercise game, the key is consistency. Exercising once per day is simply easier to maintain, plus you won't need to warm up, cool down, stretch and shower twice.

As for timing, if you have the option of morning or night, listen to your body. It probably prefers one over the other and will let you push harder if you cooperate. Which brings us to the important issue of exertion. Chuang recommends following the typical cycling class progression: warm up, then push yourself with a series of intervals and finish by cooling it down and stretching. Sore muscles will convince you it's never a good time to ride.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

BEN MOOK/AP/THE DAILY RECORD

STONE COLD: Even if you're working up a sweat in Laurel (like these guys), it's wise to don gloves to keep your fingers toasty.

Ice Your Competition

For winter fun, slide a stone, grab a broom and prepare to sweep

Tracy Margolis, 31, wound up on a sheet of ice with a broom in her hand on a recent Sunday morning because her friend Megan Collins, 28, let it slip the night before that she was going curling. As in sliding an oversize stone down an iced-over bowling lane-type thing toward a bull's-eye painted on the ice. As in, "I have to see this."

So, the pair, along with about a dozen others, turned up at an open house held by the Potomac Curling Club at its facility in Laurel, where enthusiastic members were hoping to hook newcomers on the thrill of a sport developed on frozen lochs by 16th-century Scots.

Unlike Wisconsin, America's ice-rink mecca, the Washington area isn't crawling with curlers. When asked about other clubs nearby, a member responded, "You mean on the East Coast in general?" So, no working knowledge of the sport is assumed, and the hour-long instruction period is thick with sports analogies:

"It's sort of like golf."

"Like track and field — a little."

"It's not shuffleboard on ice. It's more like chess."

That last one, from instructor Dominique Banville, is called out mid-lesson in her encouraging Canadian accent. For Banville, a physical education professor at George Mason University and a serious curler (her license plate reads CURLNGEH), the sport is indeed highly strategic. But her pupils are mostly just congratulating themselves for remaining upright on the ice, so the focus is on the fundamentals.

> "The sweeping felt like ... doing a one-handed push-up."

First, there's the delivery: essentially, a lunge performed while balancing on ice. Placing one hand on the stone and the other around a broom, extended to keep yourself from toppling over, you push out from the "hack" (or starting block) and slide forward on the ice, aiming the stone toward the end of the icy lane. "You're working your core a lot when you deliver the stone," Banville says.

Sweeping brings a dose of cardio to the workout. Once your teammate has delivered, the sweepers are called upon to run directly in front of the stone, scrubbing briskly and firmly with a broom to melt the ice directly on the stone's path so it makes its way to its intended scoring position. "It's almost like interval training. It's a short bout of very intense activity with a moment to recoup," says Banville. "It's really like a sprint, too."

By the end of Banville's lesson, some students are warm enough to shed their hats and scarves. But it's tough to turn down the hot chocolate and cookies that club members have set out in the warm room next to the rink. Curlers stress the fitness benefits of the sport, but it's also a snack-filled social experience — more pizza and beer than wheatgrass smoothie.

Clifford Laguerre, 29, who came in search of a potential group activity for his co-workers, seemed enthusiastic as he eased off the ice. "I didn't burn myself out," he said, but "the sweeping felt like I was doing a one-handed push-up."

While she was happy to satisfy her curiosity, Margolis doubts the sport will supersede her normal routine of hockey and the gym. "It could be a good workout once you learn the skills, but you have to learn the skills," she says. "But it might replace broomball." RACHEL DRY

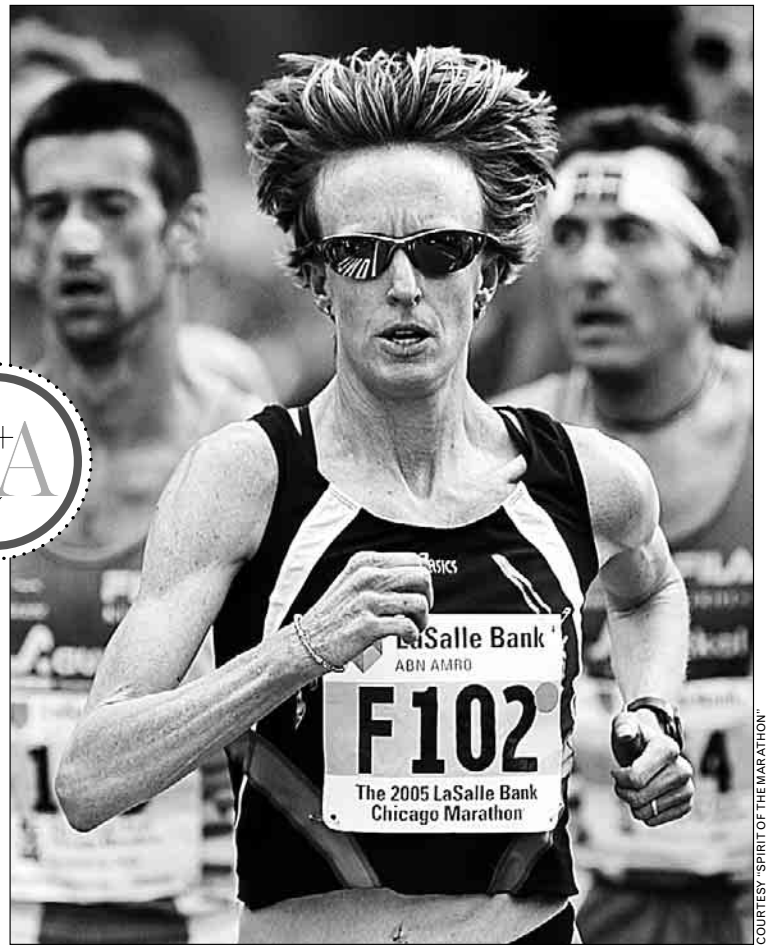
STEP INTO THE HACK

→ The Potomac Curling Club meets at the National Capital Curling Center, part of the Gardens Ice House (13810 Old Gunpowder Road, Laurel, Md., 301-362-1116, Curldc.org). This Saturday, the club will offer Learn to Curl from 3 to 6 p.m. ($30, register at oh-ltc@curldc.org). Rookies can also try the Saturday breakfast league, with a 45-minute lesson beginning at 8:45 a.m., or Thursday evening drop-in league, with instruction beginning at 6:15 p.m. A $10 donation is requested. No equipment is needed — the club provides a broom and a "slider" to put on over each sneaker. But wear warm, comfortable clothing.

See How They Run

Get the marathon experience while sitting down at a movie theater

Swap out the popcorn and soda for Gu and Gatorade this Thursday, when "Spirit of the Marathon" races into theaters (including D.C.'s Regal Gallery Place; see Marathonmovie.com for other locations). The documentary takes on the history and culture of the 26.2-mile race by focusing on six people training for the 2005 Chicago Marathon — four amateurs and two pros, one of whom is 2004 Olympic bronze medalist Deena Kastor. She took time out of her preparation for Beijing to explain why so many people dedicate their lives to such a lengthy race.



COURTESY "SPIRIT OF THE MARATHON"

Deena Kastor, shown mid-marathon, ruins 10 pairs of sneakers in three months.

For most folks, 26.2 miles is a daunting distance. Is it for you?
I think it is no matter what your ability level. It's a distance the human body isn't built to go. You have to manipulate the impossible by putting in the training and consuming energy along the way. I always appreciate being on the starting line with 40,000 people, all with the same goal. I loved that about the movie — it gives a sense of the marathon being all inclusive, regardless of race, religion, gender, nationality, socio-economic status. Everybody goes through the same things, and the finish line is just as sweet to the elites as it is to someone running a first marathon.

As most of us will never get to experience it, what does it feel like to win your first marathon?
I really thought it was going to feel better than it did. That was the most I've ever struggled in a race. I'd never felt so unattached from my body. My brain kept chanting, "push harder," and my body wasn't responding. I wish people could feel how I felt in that moment. I almost couldn't see straight and wanted to pass out. I hope to never feel that again.

And yet, you keep doing it. Why?
It's a metaphor for life. You circle this date and you prepare, and then you feel like you can do anything. What keeps runners addicted to the sport is that we disassociate when we run. People always ask, "What goes through your mind when you're running?" And we hope nothing. You're just experiencing the run. We suffer to get that blissful feeling again.

> "The finish line is just as sweet to the elites as it is to [a first-timer]."

How careful do you need to be in the days leading up to race day?
At home, you're in a groove, but a week before, you're usually in the city hosting the event. I'm constantly monitoring the flow of calories and focusing on carbs. You can't go out for Mexican or Indian food. You have to keep it bland. You have to make sure you're resting and taking naps, and if you see the city, you take a cab or a carriage instead of walking around.

What's your regimen like at home?
It's a full-time job. In marathon training, it's 140 miles a week, running twice a day. There's a longer run in the morning and a shorter one in the afternoon. We incorporate weight training and core work six days a week. And the recovery is just as important — napping, ice baths, massages. I always ice anything that's tight or sore. We have a bag of frozen peas in our freezer that's definitely not edible anymore.

What do you hope viewers will get out of the movie?
I hope the marathoners will see what's on the screen and think, "That really captures what I go through." And I hope they'll bring non-marathoners with them and get them inspired to try it. When people see that marathoners are having fun even in their struggles, they realize it must be an amazing sport. VICKY HALLETT (EXPRESS)

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Wrestling With Yoga Poses

Diamond Dallas Page can make mat work look downright macho

He's surely the only yoga instructor who has his own action figure. He's 6 feet 4 inches tall and weighs 240 pounds. His bulging biceps flash terrifying tattoos, including a spooky black cat and some flaming dice.

But thrsee-time World Wrestling Champion Diamond Dallas Page says, "I'm not scary anymore." This unlikeliest of yogis had his awakening after rupturing two discs in 1998. Doctors told him his wrestling career was over. But after three weeks of Brian Kest yoga videos, he says, "I felt a significant change." Three months later, he was back in the ring.

His new mission is to help other macho men overcome their fear of yoga. Just don't call it that — it's YRG, Page's acronym for "yoga for regular guys." His brand of the Eastern discipline combines traditional positions with muscle flexing, first clenching, squats and killer push-ups, all intended to pump the heart. Page, who's spreading his gospel through his Web site (Ddpbang.com), a book, DVDs and lessons at trendy gyms, was in D.C. last week to lead a class.

First of all, despite what he says, he is a little bit scary, especially when bellowing orders to his victims, er, students. He's dumped the gentle language of yoga and come up with his own parlance: "Touchdown, make the cross, hulk it up" — the latter a prompt to bend over and clench one's forearms like the green-skinned rage-a-holic. (One he's used on past DVDs: what's known as "dead bug" pose — on your back, legs up and apart — he calls "happy porn star.")

LAWRENCE LUK

Page, with the tattoos, shows a fellow wrestler how to create his own resistance.

But it soon becomes clear that YRG is nothing to fear. It's yoga, for gosh sake! There are lunges, warrior (er, "road warrior") poses, downward dogs and intense stretches. And Page is a very considerate drill sergeant. To make sure his newbies don't overdo it, he explains how to modify a pose to make it easier. When one of the guys hits 180 on his heart monitor while doing a lunge, Page says, "you're kicking your own ass — go to 'safety zone.'" That's his name for child's pose.

Like the best yogis, Page seeks to turn the exercise into a life lesson. Life consists of "10 percent of what happens to you, 90 percent of how you react to it," he says. So, if you conquer a difficult yoga pose, you're ready for that unpredictable 10 percent.

The guys in the class embrace his message. Adam Clarke, 33, can't get over that yoga pushes his heart rate as high as running sprints: 140 and above. YRG helped him drop 50 pounds in a year — the onetime college footballer is now at 225 pounds. And Exaire Anderson, 32, who competes in the Maximum Championship Wrestling circuit as the X Man, didn't mind at all when Page sent him to the "safety zone."

After Page's D.C. visit, he was off to Afghanistan to teach the troops. But he dropped a hint that he might try repackaging another female-centric core-strengthening discipline for regular guys. All he has to do is come up with a tough new name for Pilates. MARC SILVER

Back It Up With These 5 Moves

How to strengthen a weak spine and keep your posture perky as possible

A strong back is a healthy back. These exercises will not improve the condition of your vertebral disks — nothing can. But they'll make it easier and more natural to stand and sit with good posture for longer periods, which should reduce the number and intensity of your bad-back days. They work the stabilizing muscles that keep your spine aligned.

Add a progression of one-legged squats to this workout. Do them with the raised leg in front of you, then out to the side, then behind. They're great for your gluteal muscles, and glutes are crucial for erect posture and a healthy back.

Cat Camel

This mild yoga-like move gets you ready for the other exercises. It's not a stretch, so don't push it.

➜ **HOW:** Go slow! On your hands and knees (which should be shoulder-width apart), lower your head between your arms as you push up with a rounded back. Reverse the movement at the top, extending your neck forward and up as you arch your lower back. Do five to eight repetitions.

Curl-Up

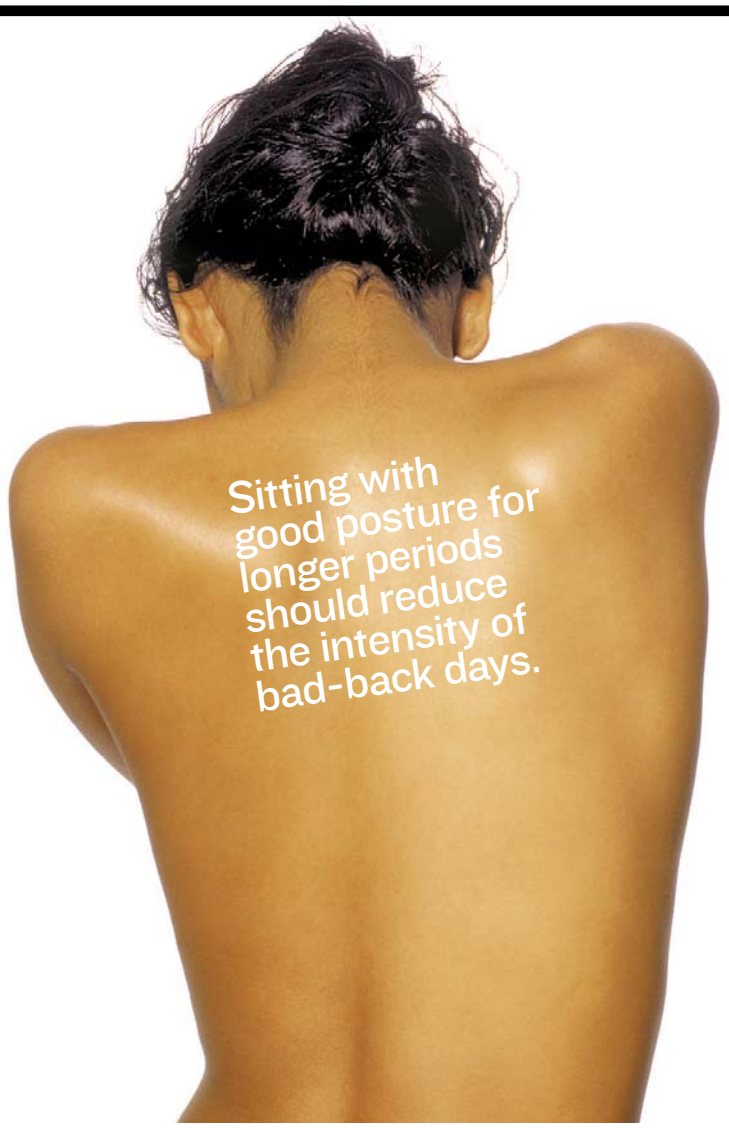
This works all of your abdominal muscles while maintaining the back's natural arch.

➜ **HOW:** Lie faceup on the floor with your left leg straight, right leg bent, and right foot flat on the floor. Put your hands under the arch in your lower back. Slowly raise your head and shoulders without bending your lower back. Hold for seven or eight seconds, breathing deeply. Do four repetitions, then switch legs.

Side Bridge

This forces your lateral stabilizer muscles to work hard. That will help them fully support your spine.

➜ **HOW:** Lie on your left side with your body propped on your left elbow and forearm, and your knees straight. Put your right hand on your left shoulder and slowly raise your hips until your body forms a straight line. Hold for seven or eight seconds. Do four or five repetitions, then switch sides.



GETTY IMAGES

Bird Dog

This is a less stressful "Superman" move for your lower- and middle-back extensors, the muscles that help you bend backward.

➜ **HOW:** On your hands and knees, slowly raise and straighten your right leg and left arm while contracting your abdominal muscles to brace your lumbar spine. Hold for seven or eight seconds, breathing deeply. Lower them, repeat four times, then switch sides.

Staggered Push-Up

This recruits core stabilizers.

➜ **HOW:** Set up as you would for a regular pushup, but move one of your hands down toward the side of your torso and rotate it so the fingers point away from your body. Do a set of 10 reps, switching hands after the set.

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Chinese Chicken Noodle Soup

TIME: 20 MINUTES; SERVES 4

INGREDIENTS: 1 teaspoon canola oil; 1 1/2 teaspoons minced garlic; 2 teaspoons minced fresh ginger; two 14-ounce cans reduced-sodium chicken broth; 3 tablespoons reduced-sodium soy sauce; 2 tablespoons rice vinegar; 1/2 pound boneless, skinless chicken breasts, cut into 1/2-inch pieces; 1 tablespoon cornstarch; 4 ounces Chinese wheat noodles; 3 cups frozen sugar snap pea vegetable stir-fry mix.

IN A LARGE POT, heat the oil over medium-high. Add garlic and ginger and cook, stirring constantly, until it's fragrant and begins to turn golden, about one minute. Add the broth, soy sauce and vinegar. Cover the pot and bring to a simmer.

MEANWHILE, in a small bowl, toss chicken with cornstarch. Add to the simmering broth along with the noodles. Return to a simmer and cook until the noodles are tender and the chicken is no longer pink in the center, about three minutes. Stir in the vegetables and cook until they are heated through. (AP)

237 calories, 21g protein, 32 g carbs, 5 g fat, 23 mg cholesterol, 808 mg sodium, 4 g fiber

VITALSTATS

2

THE NUMBER OF CUPS OF COFFEE PER DAY THAT DOUBLES A PREGNANT WOMAN'S CHANCE OF MISCARRIAGE, A STUDY BY KAISER PERMANENTE SAYS.

GETTY IMAGES

SCARY MOVIE: The scent of buttered popcorn is too tempting to resist for humans, who are biologically configured to eat.

Eating Right on Cues

Environmental signals can trick you into downing unhealthy snacks

Here's an interesting thought: What if you're not to blame for your weight problem?

What if the fault could be laid squarely at the feet of food manufacturers and marketers, grocery store managers, restaurant operators, food vendors — the people who make food so visible, available and tasty?

Several recent studies, papers and a popular weight-loss book argue that eating is an automatic behavior triggered by environmental cues that most people are unaware of — or simply can't ignore. Think of the buttery smell of movie theater popcorn, the sight of glazed doughnuts glistening in the office conference room or the habit of picking up a whipped cream-laden latte on the way to work.

Accepting this "don't blame me" notion not only might ease the guilt and self-loathing that often accompany obesity, say the researchers behind the theory, but it also might help people achieve a healthier weight.

To make Americans eat less and eat more healthily, they contend, the environment itself needs to be changed — with laws regulating portion size, labeling or the places where food can be sold or eaten. That would be much easier, the researchers add, than overcoming human nature. The theory that our society — not us — is to blame for our overall expanding waist size is garnering support from health and nutrition experts.

> "Almost everybody is gaining weight. It's not limited to certain people."

To recap the statistics: In the past 25 years, the number of obese Americans has increased from 14.5 percent to 32.2 percent. Two out of three adults are overweight, as are 19 percent of children, according to the Centers for Disease Control and Prevention.

"Almost everybody is gaining weight in almost all socioeconomic groups. It's not limited to certain people. It's everywhere," says Deborah A. Cohen, a senior natural scientist at Rand Corp. and the author of a recent paper on the environmental theory of obesity. "Look at doctors, nurses and dietitians who are overweight or obese. If it has anything to do with how much we know about nutrition or how much we're motivated, we would never see people with such expertise be overweight or obese."

Other health experts say individuals can exert control over their own environment and lose or maintain weight despite the temptation of venti lattes, super-size french fries and all-you-can-eat pasta bowls.

"The environment, I think, to a large extent, explains the obesity epidemic," says Robert H. Eckel, a professor of medicine at the University of Colorado and past president of the American Heart Association. "But should we change the environment to alter the obesity epidemic? And how much do we need to change it? Those are difficult questions. To blame it all on the environment is a mistake. There is individual responsibility."

Food's being everywhere in today's society is a problem, Cohen says, because people appear biologically configured to eat, eat, eat. It's easier to change the environment than it is to change people. In her paper, she says people need protection from the "toxic environment" and calls on governments, communities and organizations to solve the obesity problem. She advocates downsizing portions, limiting access to ready-to-eat food and curbing food advertising.

SHARI ROAN (LOS ANGELES TIMES)

SUBTLE BUT SERIOUS

People can be influenced to eat unhealthy food, or more food, without even realizing it:

➜ Ads work. A 2007 study in the Journal of Consumer Research found that people think they are eating healthfully if the food is advertised that way. Researchers had people eat Subway meals that contained the same amount of calories as a McDonald's meal, but the subjects estimated that the Subway meal contained 35 percent fewer calories.

➜ Eating is automatic. A 2004 study in the journal Appetite showed that men given large bags of potato chips ate triple the number of chips — an extra 311 calories — compared with men given a small bag of chips.

➜ Visual cues prompt eating. A 2004 study in the Annual Review of Nutrition found that people ate 69 percent more jelly beans when they were offered in a mixed assortment than a group offered jelly beans sorted by color.

➜ The setting matters. A 2005 study in the Personality and Social Psychology Bulletin found that people will eat more in a pleasant environment. People shown a picture of a smiling person poured more of a drink, drank more and rated the drink more favorably than people shown a frowning person.

➜ Portions direct eating. A 2003 study in the American Journal of Clinical Nutrition found that doubling the size of an entree increased overall food intake 25 percent. The consumers did not compensate for the bigger entree by decreasing the intake of other food on their plates. S.R.

That Cow Is Too Good to Eat!

Cloning's high cost means you won't be dining on duplicate steak

The reaction was fast, furious and expected. Within hours of the government's announcement that milk and meat from cloned animals was safe, food companies insisted they had no plans to sell such products, and consumer groups said Americans had no plans — or desire — to eat them.

The response to the Food and Drug Administration's announcement, however, may prove to be as overblown as it was speedy. Academics and industry officials say the target market for cloning technology is stud farms and breeders — not the rank-and-file dairy farms and cattle ranches that contribute to the nation's food supply.

With costs ranging from $15,000 to $20,000, cloning is just not in the budget for most farmers, says Leo Timms, a professor in the Department of Animal Science at Iowa State University. That's an investment unlikely to pay off for farmers raising animals for food, Timms added. Even if consumers were comfortable with clone encounters at the grocery store, he said, "that animal's milk and meat aren't worth any more than any other animal."

At the same time, there are plenty of more affordable reproductive technologies, including artificial insemination and in-vitro fertilization. The cost of producing an animal using artificial insemination ranges from $600 to $700, said David Faber, president of Trans Ova Genetics of Sioux Center, Iowa, one of the two main U.S. cloning companies.

THOMAS TERRY/AP

Bossie needn't worry about running into exact genetic duplicates of herself — yet.

Viagen Inc. and Trans Ova Genetics already have produced more than 600 cloned animals for U.S. breeders, the vast majority cattle, including copies of prize-winning cows and rodeo bulls.

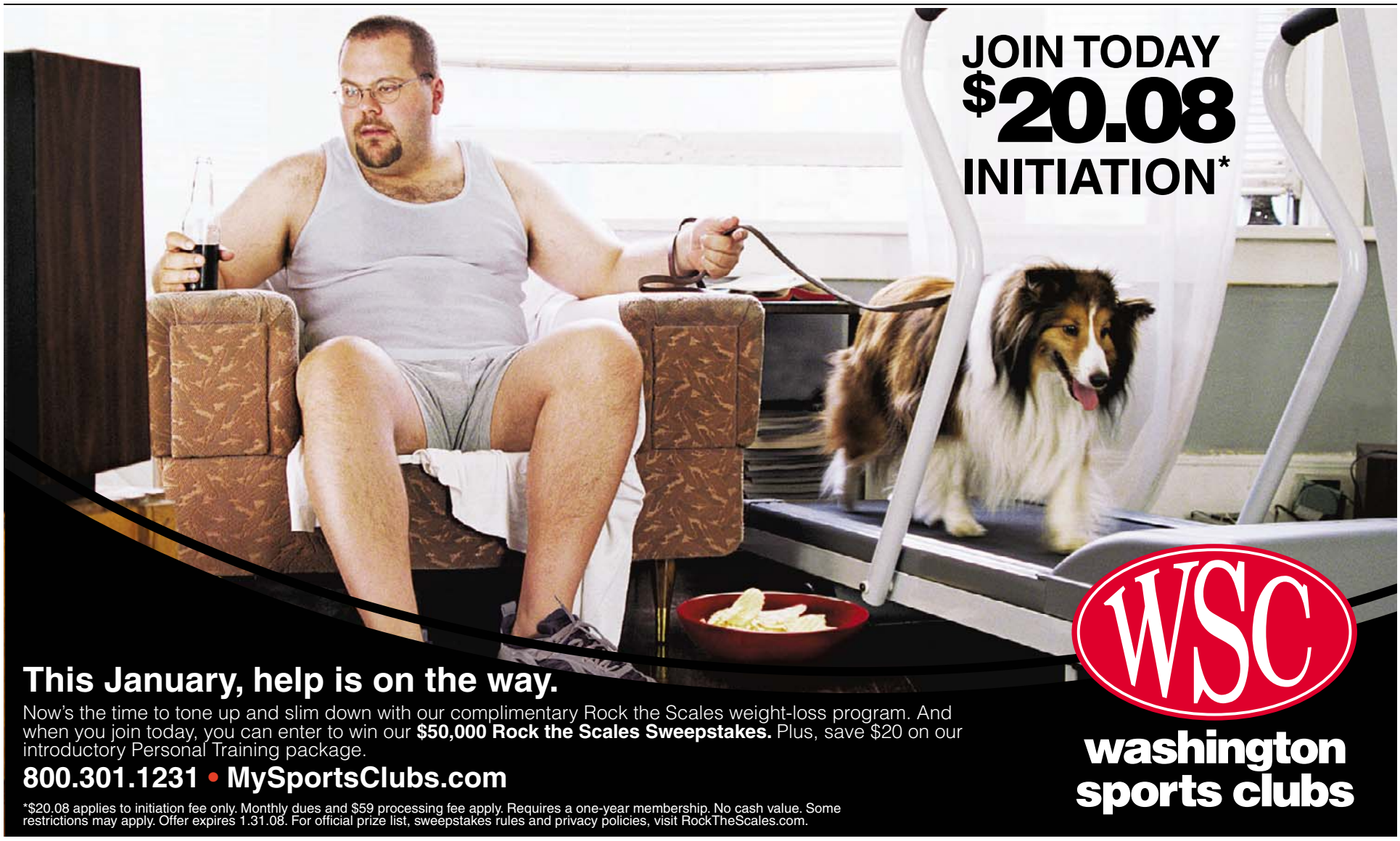
Breeding the old-fashioned way and via insemination, say proponents, provides another biological advantage: genetic adaptation.

"You make progress by breeding animals, not cloning them," said Chris Galen, a spokesman for the National Milk Producers Federation, which represents dairy farmers and supports continuing a voluntary industry moratorium on the sale of products from cloned animals. "With cloning, you just get a plateau."

And as reaction to the FDA announcement shows, you also get heightened ethical and moral concerns. Consumer groups' objections aren't just about food safety but also include animal welfare, since many attempts at livestock cloning still end in fatal birth defects.

For now, Faber said, his company is targeting its cloning techniques at a small market of farmers raising elite breeding stock, what he calls "the rock stars of the barnyard," not those producing animals destined for the grocery store. "Cloning is for breeding, not eating," he said. "We are making sons and daughters, semen and embryos, not meat and milk."

JOELLE TESSLER (AP)



fit | Looks

Face Up to the Magic of Masks

These 8 greats do everything from comforting to brightening skin

ACNE KILLER

➜ **MARIO BADESCU DRYING MASK** ($18 for 2 ounces, Mariobadescu.com) contains sulfur, a powerful weapon against breakouts, especially those big angry red monsters. Plus, it gives you a serious dose of soothing calamine, "because oily skin tends to be very sensitive," says Joanna Czech, an aesthetician and the owner of Sava Spa in New York City.

SHINE STOPPER

➜ Perfect for combination skin, the **TOZZI PORE STAR LET'S FACE IT MINT CLAY MASK** ($25 for 3 ounces, Tozzi.biz) multitasks with shine-fighting and moisturizing ingredients. This paste sops up oil slicks with kaolin and bentonite clay while drawing water from skin's lower layers to the surface with glycerin. But dried clay can be a bit stubborn, so moisten the mask with warm water and slowly massage it off. Scrubbing will lead only to more breakouts.

SKIN QUENCHER

➜ It may look like Jell-O, but **LING MOISTURIZING FACIAL MASK** ($36 for 4 ounces, Lingskincare.com) is much better for you than Bill Cosby's favorite sweet. This blue treat delivers humectants (agents that bind moisture to skin) and hydrating aloe. And you can double its benefits by applying it to wet skin, says Ranella Hirsch, a Boston dermatologist, "because you're sealing in that surface water." Consider it dessert for your face.

DULLNESS DESTROYER

➜ Mix **JUARA MILK AND RED SANDALWOOD FACIAL MASK** ($35 for 2.5 ounces, Juaraskincare.com) with a bit of water and you end up with a concoction that brightens lackluster complexions better than a 1,000-watt bulb. Lactic acid from milk softens and exfoliates skin, while calming sandalwood evens out blotchiness — a truly bright idea.

GETTY IMAGES

DIRT TRAPPER

➜ **BIORÉ SELF-HEATING MASK** ($7 for eight packets, Drugstore.com) has a satisfying science-experiment appeal: After smearing it on, you get a short burst of heat that helps clean out your pores. Gentle buffing beads do their part to exfoliate any dead surface cells hanging around and turn the mask a pretty blue.

DAMAGE ERASER

➜ Packed with hydrating muru muru nut butter, antioxidants from white tea, and orange, spearmint and bergamot essential oils, Origins **A PERFECT WORLD NIGHTTIME ANTIOXIDANT MASK WITH WHITE TEA** ($30 for 2 ounces, Origins.com) is like Xanax for stressed-out skin. It softens the pores with moisture, allowing the calming ingredients to penetrate better.

REDNESS REMOVER

➜ If only something calmed nerves as well as Nature Pure Labs Strawberry **KIWI GEL MASQUE** ($25 for 4 ounces, Naturepurespa.com) does skin. A soothing mix of chamomile, aloe and allantoin (a healing plant extract), this lightly scented pink gel quells irritation on contact, making it a delicious post-wax treatment. And it constricts blood vessels to diminish redness instantly.

FLAKE FIGHTER

➜ Proving pumpkins are great, **ZIA PUMPKIN EXFOLIATING MASK** ($20 for 1.2 ounces, Zianatural.com) sloughs off flaky patches with fruit enzymes (gentle acids that cause fruit to ripen), which melt away the dead skin cells without irritating sensitive types. It also contains a buffet of skin-softening ingredients like milk, pectin (a plant sugar) and honey. (REPRINTED WITH PERMISSION WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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The Placebo Effective

A phony-seeming medicine might have real effects on several woes

For decades, research physicians have furrowed their brows at the mysterious powers of a treatment known in many medical circles as Obecalp.

In clinical studies, Obecalp has been shown to have occasionally remarkable effects — and on a remarkable range of maladies. In one 2002 study at the University of California, Los Angeles, one-third of patients reported relief from symptoms of depression (and had changes in brain function that reflected that improvement) when treated with Obecalp. Patients with Parkinson's disease have observed their tremors decrease, those with chronic aches have felt their pain ease, and hypertensive patients have seen their blood pressure fall — all in response to Obecalp.

Medical journals are filled with testimonials to the frequency with which Obecalp, often administered at little or no cost, can improve patients' health.

Now, as a recent study found, physicians on the front lines of patient care are reaching for the power of Obecalp (a backward spelling of the word "placebo") with surprising frequency, and for different reasons, than patients might suspect.

In a survey published in the January issue of the Journal of General Internal Medicine, about 45 percent of Chicago-area physicians responding acknowledged that they have treated patients with a placebo. Almost one in four of those responding had offered a placebo to at least one patient in the last year, and 8 percent said they had resorted to treatment with a placebo more than 10 times in the last year.

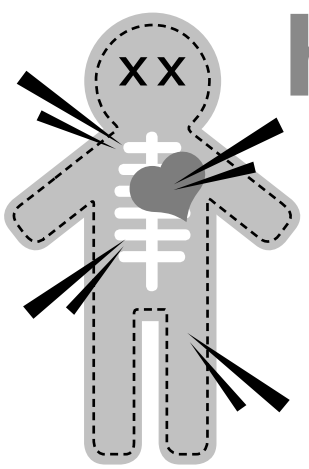
Placebo treatments, as defined by the researchers and the doctors they surveyed, go well beyond the popular notion of placebo as a "sugar pill." Some physicians do write a prescription for a capsule filled with inert ingredients: a classic "dummy pill" called Cebocap that comes in three colors. (The blue capsules listed as Cebocap No. 1 on the Walgreens pharmacy Web site are reputed to be "extra potent," according to the Web site Over My Med Body, which is frequented by physicians in training.)

But placebo treatments might also include a vitamin supplement, a meditation class or directions to spend a little more time in the fresh air. In short, they're simply treatments that might have an effect on the patient — but for no clear biological reason.

> "Placebos go well beyond the popular notion of a 'sugar pill.'"

In the days before physicians were expected to discuss forthrightly with patients the pros and cons of treatment and the manner in which it might work, placebo was a code word for "you're an attention-seeking fake." The recent study, however, finds a change in physicians' attitudes toward that mind-body distinction. Four in five of the 231 doctors responding to the current survey rejected the idea that "placebo intervention can help distinguish symptoms that have a psychogenic versus an organic origin."

Rachel Sherman, a medical student who conducted the study with John Hickner of the University of Chicago Medical School, calls that "conceptual shift" one of the study's most surprising findings. "Nearly all [who used placebos] believed in their therapeutic potential," Sherman says. That, she adds, reflects "a trend in the belief that the mind and body are interconnected." MELISSA HEALY (LOS ANGELES TIMES)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do your bones ache, especially in the hip area? Do they break (fracture, rather — but "break" rhymed) easily? Are your muscles weak and your legs bowing? You could have **OSTEOMALACIA**, aka the adult version of **RICKETS** (as in, "Get off that rickety staircase — it's collapsing!), and it's usually caused by a vitamin D deficiency. That's the stuff they put in milk because it helps the body absorb calcium. The body can also make its own D but needs sunlight to do it — just a little every day will do the trick. (So, it's tougher to make D in the winter.) If osteomalacia is caused by a lack of D, supplements will improve the condition of the bones in anywhere from a few weeks to several months. SOURCE: MEDLINE PLUS

STETHOSCOPE

NEUROSCIENCE

Money on the Brain

■ Your brain is probably a snob, according to researchers from Stanford and the California Institute of Technology. The part of the gray stuff (the medial orbitofrontal cortex) that perceives enjoyment gets way more giddy when it thinks it's experiencing something more expensive. In this case, it was red wine — folks drank the same vino twice but were told two different prices for it. Brain scans showed higher levels of activity when they were sipping the seemingly costlier bottle.

BONE HEALTH

Ice Cream Is Still OK

■ Put down the truffles and no one gets hurt. The American Journal of Clinical Nutrition has bad news for chocoholics: A study out of Australia found that women who ate chocolate daily had a 3.1 percent average lower bone density than ladies who indulged in the popular sweet less than once per week — even though their overall diets were comparable. The suspected culprits are ingredients that limit calcium.

HOSPITALS

Be a Patient Patient

■ Next time you're struck with chest pains and immediately dash off to the emergency room, think about bringing a book with you. Health Affairs has reported that average wait times are on the rise — people had to sit around for 22 minutes in 1997, but by 2004, the standard wait time was half an hour. It doesn't help, of course, that many emergency rooms have been shuttered, while more patients are opting to use ERs.

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